



Memorial audio trail

Launch of Bethnal Green Tube disaster project

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School's out for summer...

There's loads to keep the kids happy over the holidays

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Stroll through our history

Graham Barker's walk of the month in Aldgate East

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eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

'A good place to live' say residents

WHAT DO WE WANT? SAFER ROADS!



NINE-year-old Malak joined fellow residents protesting against high speed and pollution on the A12 in Poplar. For the full story, see page 3.

BY SUSAN MULLIGAN

TOWER Hamlets is a good place to live, where people from different backgrounds get on well together.

That's one of the main findings of Tower Hamlets Annual Residents' Survey 2015. More than 80 per cent of people say they are satisfied with their local area as a place to live and believe it's somewhere that people from different communities get on well together.

Between January and February 2015, independent researchers held face-to-face interviews with more than 1,000 residents of Tower Hamlets.

The consultation found that concern over crime remains at historically low levels, and satisfaction had increased significantly with the council's collection of council tax and with public transport.

No council services saw a decline in ratings compared to last year's survey.

Residents rated libraries and Idea Stores higher than the

London average, and said that the council was doing a better job at repairing roads than other areas of London.

Three quarters of those questioned agreed that the council was making the local area a better place to live. Similar proportions felt it was doing a good job and that staff were friendly and polite.

Mayor John Biggs said: "The results show that we are doing a good job and I am proud to lead a council which delivers

excellent services to residents.

"However, we are committed to improving our service delivery wherever possible, and we are already developing new ways to respond to residents and make our services more efficient and effective."

Residents voiced concerns about a lack of affordable housing in the borough.

Mayor Biggs has set a target for the council to build 1,000 new council homes by 2018.

■ Continued on page 3

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Bright futures

“These students have really progressed in the last year into confident young people with a great future.”

TEACHER ANITA STEWART



Adapting to new faces

Tower Hamlets College provides an adapted curriculum for 14- to 16-year-olds who have arrived in the UK over the last year. Students study maths, sciences, drama, art and English language.

SEE BELOW

News

East End Life is produced by Tower Hamlets Council, Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BG.
Tel: 7364 3179 Fax: 7364 4917
Email: eastendlife.news@towerhamlets.gov.uk



Editor Helen Watson
Tel: 7364 3173
Deputy Editor Russell Cotman
Tel: 7364 4128
Reporter Jessica Odubayo
Tel: 7364 4365
Photos Kois Miah
Tel: 7364 3253

Advertisement Manager Sharan Ahmed
Tel: 7364 4061
Senior Advertising Sales Executive Christine O'Doherty
Tel: 7364 4994
Senior Advertising Sales Executive Fatima Khan
Tel: 7364 4623
Advertising Production Controller & Sales Executive Terri Gornall
Tel: 7364 4682
Distribution Manager & Finance Abdul Miah
Tel: 7364 0474


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Students performing on stage at the Arbour Square performance

Showtime for students

BY HELEN WATSON

STUDENTS from Tower Hamlets College celebrated the end of the academic year with their own artistic show comprising fashion, dance and music.

The show was staged for parents and teaching staff at the college's Arbour Square campus in Stepney.

The students, aged 14-16, took to the catwalk modelling their own innovative fashions, including one Spanish-style flamenco dress made out of newspaper.

They performed, sang and played music, some with their own instruments, danced to performances they choreographed, and ended with a High School Musical number.

They also gave presentations to the audience about their experiences of arriving in the UK and their studies.

The students all come from different countries including Bangladesh, Hungary, Italy and South America and have all arrived in the UK over the last year.

The college provides an adapted curriculum for the students which includes maths and sciences, but also English language teaching through its ESOL provision.

The students also enjoy drama and art as part of their study and visits to key London landmarks, so that they can learn about their new culture.

Speaking after the show Anita Stewart, head of 14-16 provision, said: “These students have really progressed in the last year into confident young people with a great future.

“They all enjoy art and performing and this show was a great opportunity to showcase their wonderful talents and skills and I know they really enjoyed it.”



The Spanish-style flamenco dress made out of newspaper

Inside this week's issue

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New 20mph limits for Londoners

“By summer 2015, eight of the 13 inner London boroughs will have a 20mph speed limit, and across London almost three million Londoners will be living on roads with 20mph limits.”

JEREMY LEACH, LONDON CAMPAIGN CO-ORDINATOR FOR 20'S PLENTY FOR US, BELOW

Explosive situation

“Notification should be clearly visible to indicate the presence of gas cylinders, as they can explode”

WATCH MANAGER MARTIN WARRILLOW, BELOW

News

POPLAR residents are campaigning for the speed limit on a stretch of the A12 to be reduced to 30 miles per hour.

A group of placard-carrying protestors marched near the Brownfield Estate, where the A12 cuts across the community and homes are on the edge of the busy road. A spokeswoman said the main argument of the 30mph campaign is that reducing speed would make the A12 safer for both motorists and pedestrians. Such measures would also encourage people to walk or cycle instead of driving, reducing air pollution, she said.

Campaigners have started a petition that they intend to present to Transport for London, which manages the road. The protest was supported by housing association Poplar Harca.



News in brief

Dig up the past

HAVE you ever fancied yourself as Lara Croft or Indiana Jones or wondered what life was like in London before you came along?

The Museum of London Archaeology (MOLA) and the council are offering 10 Londoners the opportunity to undertake a six-month paid traineeship to become a field archaeologist, beginning this September.

Trainees will complete an NVQ, practising and honing the skills needed to succeed in field archaeology.

Candidates must be based in London and able to commit to the six-month traineeship, within the conditions set out in the job description.

For more information visit www.mola.org.uk/trainee-archaeologist or contact MOLA at hr@mola.org.uk

Applications close on July 31.

Pallets ablaze

FIREFIGHTERS tackled a blaze that broke out on a stack of pallets in Bethnal Green on Monday, July 13.

The pallets were at the rear of commercial premises on Cambridge Heath Road and the fire had spread to a shipping container nearby which contained a number of gas cylinders.

“The pallets were well alight when fire crews arrived at the scene,” Bethnal Green watch manager Martin Warrilow said.

“We checked a shipping container next to the pallets and discovered the fire had spread inside. Firefighters found 13 propane gas cylinders, one carbon dioxide cylinder and three oxygen cylinders in the container. The cylinders were cooled down to room temperature and made safe.

“There was no notification on the shipping container to indicate it contained gas cylinders. Notification should always be clearly visible to indicate the presence of gas cylinders, as they can explode when exposed to heat.”

Three fire engines and 14 firefighters and officers from Bethnal Green, Islington and Homerton fire stations attended the incident.

The cause of the fire is under investigation.

Pupil draws attention to 20mph speed limit

BY STEFAN SWIFT

A DRAWING by a local pupil has been chosen by the council to promote the borough's new 20mph speed limit.

The image of a sloth hanging from a 20mph roundel features on adverts being displayed on roadside banners, bus stops and on the back of buses that drive through the borough.

The campaign will begin at the end of July to raise awareness of the 20mph limit, which was introduced on April 13. The rule applies to all roads in the borough, except red routes.

Following a public consulta-

tion last year, 80 per cent of respondents were in favour of reducing the speed limit.

The council consulted with the emergency services, neighbouring boroughs, business groups and Transport for London (TfL) about the proposals.

TfL lent its support by implementing a 20mph speed limit on Commercial Street – operated by TfL, not the council – to coincide with the borough-wide implementation.

Many urban local authorities have introduced or are introducing 20mph zones to help moderate the speed of vehicles and reduce accidents.

Mayor John Biggs said: “The

introduction of a 20mph speed limit for the borough will improve road safety for everyone. This can only reassure those residents who choose the healthier option to walk or cycle in Tower Hamlets.”

Cabinet member for environment Cllr Ayas Miah added: “I would like to thank all the schoolchildren who submitted their entries to be a part of this awareness campaign. The image of the sloth will help publicise the introduction of this important speed limit.”

Leon Daniels, managing director of surface transport at TfL, said: “Although large sections of the TfL road network are main

arterial roads, some sections pass through busy town centres, which are more attuned to lower speed limits as they have high pedestrian and cyclist numbers.”

Jeremy Leach, London campaign co-ordinator for 20's Plenty For Us, added: “It is fantastic news that Tower Hamlets has become a 20mph borough.

“By summer 2015, eight of the 13 inner London boroughs will have a 20mph speed limit and across London almost three million Londoners will be living on streets and roads with 20mph limits.”

‘Communities get on well together’

■ Continued from page 1

The borough has also pledged to carry on working with developers, registered social landlords and the Greater London Authority to maximise the availability of affordable homes for local people.

Satisfaction with street cleansing has remained at the same level as last year and is in line with the London average. Over the next year, the council plans to make better use of technology to improve street cleanliness and increase residents' satisfaction.

This includes increased use of the Find It, Fix

It, Love It app, which allows people to tell the council about public realm issues via their smart phone. The app can be downloaded from Google Play and the App Store.

Residents' concern about jobs has fallen significantly over the last two years (from 35 per cent in 2012-13 to 20 per cent in 2015).

The council has promised to continue to support local people into employment and has plans to develop a new integrated service to help those out of work to find a job.

The full report can be viewed online at www.towerhamlets.gov.uk

Three escape fire

FOUR fire engines and 21 firefighters were called to a house fire in Manchester Grove on the Isle of Dogs on Thursday, July 16.

Half of the first floor was damaged by the blaze.

Millwall station manager Paul Hobbs said: “Two men and a woman thankfully got out of the house quickly and unhurt. It is vital that you know what to do if there is a fire and you have an escape plan.”

Fire crews from Poplar, Millwall, Shadwell and Plaistow attended the blaze. The cause of the fire is being investigated.

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Family announcements

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Charles Cooper*

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And bring you home again.

I miss you so much
Your loving Mum, Eileen xxx



**Daniel Joseph Sawyer
‘Danny’**

Special Birthday Memories 23rd July 1974

You always had a smile to share,
Time to give and time to care,
No tears, no words, no verse can say,
How much we miss you every day.

Love you
Mummy, Faye and family xxx

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A special kiss to Uncle Dan from Oscar x

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Picking up a bargain

Roman Road market is on Tuesdays, Thursdays and Saturdays. At the weekend, it is home to over 200 market stalls selling clothing, household items, toys, make-up and jewellery at bargain prices.

SEE BELOW

Did you know?

Roman Road was a thoroughfare way before the Romans and until the 1950s was known as Green Street.

News

Crowds celebrate Roman style

BY SAM GOUGH

MORE than 3,000 people celebrated culture, heritage and creativity at this year's Roman Road Summer Festival.

The rain held off and the sun came out for people to enjoy a whole array of events – including a lively performance by Britain's Got Talent dance troupe IMD Legion.

Joanna Kinsella, 35, enjoyed the day. "The festival was well organised. It had a nice mix of entertainment for adults and children," she said.

"The faux grass and straw bales created a cosy environment to watch the tennis. The food and drink was tasty and high quality. I liked that Circle Housing made a financial contribution to the festival by providing food vouchers.

"This meant that people who aren't able to afford to eat out could experience the festival fully as well. Overall, it was a great day!"

Visitors also watched the Wimbledon men's tennis final and sampled street food. Families were kept entertained with face painting and workshops for children.

Tower Hamlets Tennis ran tennis classes while the West Ham Foundation put on football skills sessions.

The festival was organised by the Roman Road Resident & Business Association and the council.

A second day of fun, featuring an Eid party and Bollywood dancing, was due to take place on Sunday, July 19.

Mayor John Biggs said: "Roman Road has a well-deserved reputation for being one of the most lively and quirky parts of the East End.

"This festival is a great chance for local people to celebrate summer in this unique neighbourhood.

"I hope that people from all over Tower Hamlets will share the festivities by coming to Roman Road and taking part in the fun."



Face painting, workshops and dance troupe IMD Legion keep crowds entertained

PHOTOS: Oliver Lynton



New director for children's services team

THE council has appointed a new interim corporate director of children's services.

Debbie Jones joins the council from Ofsted, where she served as regional director (London) since 2013.

Before that, Ms Jones was executive director of the children

and young people's service at Lambeth council.

She has previously worked in senior roles for other local authorities, as well as serving as president of the Association of Directors of Children's Services and chair of the Children's Improvement Board.

Stephen Halsey, the council's head of paid service, said: "I am looking forward to working with Debbie who will be a real asset to our children's services team. She brings a wealth of experience and will, I am sure, be able to hit the ground running in this new role."

News in brief

New appointment

THE NHS Trust Development Authority has confirmed the appointment of John Bacon as chair of Barts Health NHS Trust.

Mr Bacon, who has over 30 years' experience working in the NHS, will start on August 1.

He will also continue as chair of Community Health Partnerships.

He said: "I am very grateful for the opportunity to chair Barts Health. I look forward to working with my colleagues, partners and the local community."

Nappacino event

A FREE event, giving independent advice on choosing and using washable nappies, is taking place at Whitechapel Idea Store on Tuesday, July 21. The event starts at 10am. To register call 7364 6931 or email ruhina.akter@towerhamlets.gov.uk

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WWW.TOWERHAMLETS.GOV.UK/MAYOR

News

Open, accessible and transparent

IT'S now just over a month since I became Mayor of Tower Hamlets.

During this short period, I've aimed to show local people the kind of mayor I intend to be. Open. Accessible. Transparent.

My priority is putting the people of this borough first and to do so by being visible, when I can, and by being seen to be open about the decisions I make as your mayor – even when those decisions are difficult ones to make.

During this first month I have met many of you as I travel around the borough from my home to the Town Hall. I mostly use public transport – it's pretty good in our borough, after all – and, when time allows, walk.

In addition to getting used to the odd 'selfie', these travels have given me an opportunity to consider my priorities and the future of our borough.

The budget recently announced by the government has further set the scene for a challenging time ahead.

I am concerned that the changes planned will adversely impact on our borough in particular – with our high proportion of young residents and people in larger families.

I want to build more council homes and provide better access to jobs and opportunities – both within the borough and by improving access to the fantastic opportunities presented across our city.

Some of the decisions I've made in my first month have been easy ones – I've scrapped the mayoral car (I would feel it was a misuse of your money to



 **MAYOR OF TOWER HAMLETS**

have one, and anyway I would meet far fewer of you if I was hidden in a car) and I've decided to reduce the space for my office and to share it with some of the other councillors representing you.

I previously outlined my commitment to returning the popular Henry Moore statue "Draped Seated Woman" to her original East End home. I'm delighted that we've now been confirmed as owners of 'Old Flo' and officers are in discussions about returning her to the borough.

Some decisions will require more consideration – like funding for the Rich Mix arts centre, which has been an issue of conflict and controversy for some time now. Or the details of how to build new homes, or improve our street cleaning, or build the schools we need with limited land – but I will get a move on with my cabinet and officers with those too.

Mayoral decisions aren't always meant to be easy. But we are all there to serve you. And that includes me.

Mayor John Biggs

■ **ON the occasion of Eid-ul-Fitr, I send my warm wishes to all residents, particularly to Muslims in Tower Hamlets and the UK.**

It is a day for everyone to come together and celebrate. As we enjoy this day, which marks the end of the holy month of Ramadan, I hope the festival with its tradition of

giving and sharing enriches our lives. I hope it reinforces the borough's commitment to mutual harmony and strengthen the bond of peace and unity. As mayor, I will work to support faith communities as they are one of the key foundations of a strong community.

Again my warmest wishes and a very happy Eid.



Memories brought back to life

Babette "Babs" Clark and her sister were pulled to safety from the disaster. Babs, then 11, remembers seeing "all the people lying in the rain". It was the bodies of those who had perished.

SEE BELOW



Architect Harry Paticas, history teacher Euan Williams, audio trail designer Lewis Gibson, MP for Bethnal Green and Bow Rushanara Ali, Toby Butler and TV personality Tommy Walsh with survivors of the 1943 disaster

Survivors relive disaster for memorial audio trail

BY JESSICA ODUBAYO

INTERVIEWS with survivors, medical personnel and relatives of those who died in the Bethnal Green Tube disaster are featured in a new audio trail.

A team from the University of East London (UEL) have produced two audio trails – one for adults and one for children.

The recordings are designed to be listened to at the Bethnal Green Memorial, near the underground station. A history book with highlights from the interviews and an education kit about the disaster has also been produced for use in schools.

A plaque publicising the trails was formally unveiled at the entrance to the station on July 9. Guests included memorial architect Harry Paticas and sound artist Lewis Gibson, who designed the audio trail. History teacher Euan Williams, who created the education pack, was also there alongside UEL vice



The memorial features the names and ages of all the 173 victims

chancellor Professor John Joughin, and MP for Bethnal Green and Bow Rushanara Ali (pictured below with Emily Shepherd).

During an air raid on March 3, 1943, 173 people died as a result of a crush in the stairwell at Bethnal Green Tube. The station was being used as an air raid shelter during World War II and the incident was the worst civilian disaster of the war.

Babette "Babs" Clark and her sister were pulled to safety that night, as chaos swirled around them. Walking home Babs, then 11, remembers seeing "all the people lying in the rain". It was the bodies of those who had perished.

Babs said she's glad the audio trail project has given her an opportunity to share her story.

"It was a bit of a relief," she said.

"I had all this inside of me and never spoken about it. A lot of people had the wrong idea about what happened down there."

Over the last two years, UEL worked with a team of volunteers to record testimony and publicise the disaster. More than 50 talks have been given to community groups and 2,000 free books are being given away.

"A team of staff helped us to understand something of the terrible impact of this disaster on hundreds of families," said Dr Toby Butler, project director and lecturer at UEL.

The project was funded by UEL and the Heritage Lottery Fund, in partnership with the Stairway to Heaven Memorial Trust, Bishopsgate Institute and the council.

The audio trails, a PDF version of the book and teaching material are available for free from www.bgmemoial.org.uk



Funding helps to support projects

The Big Lottery Fund's Awards for All and Reaching Communities programmes provide grants between £300 and £10,000, and £10,000 and above, to voluntary and community organisations.

WWW.BIGLOTTERYFUND.ORG.UK/FUNDING

Making a difference

The Zero Emissions Network offers free energy advice and eco-audits which can help companies save money.

SEE BELOW

News

Cutting down on pollution

THE Zero Emissions Network (ZEN) recruited 27 new businesses at its pop-up event on Friday, July 10.

ZEN was established to improve air quality in the borough by helping businesses reduce pollution.

This helps firms save money and improve the health of their staff. ZEN was joined by partners Tesla, Emu bikes, the London School of Cycling, Vmoto UK and DriveNow to promote the project, at Christ Church Spitalfields.

Visitors got a free coffee and pizza supplied by two local businesses that are ZEN members – The Coffee Cup and My Pixxa.

Mechanics were also on hand to fix bikes.

The ZEN project now has more than 500 members – well above its initial target of 225.

Staff informed passers-by of the problems caused by air pollution and how grants, free trials of power-saving equipment and skills training can help reduce it.

The project offers free energy advice and eco-audits which



Natasha on a City 80L+ electric moped outside Christ Church Spitalfields

assess a company's heating, lighting, insulation, water usage and waste management.

An auditor does an analysis of energy bills and drafts a report with recommendations of small and easy changes which businesses can consider implementing.

ZEN, which is operated by the council's environmental health team, recently won top prize in the award for Community Innovation at the National Corporate Social Responsibility awards.

Visit www.towerhamlets.gov.uk

Projects celebrate lottery windfalls

BY JESSICA ODUBAYO

COMMUNITY projects were celebrating last week after they received more than £400,000 of lottery cash.

Tower Hamlets Parents Centre, the Care and Learning Foundation and St Hilda's East Community Centre are among projects awarded funding in the latest round of grants from the Big Lottery Fund.

Tower Hamlets Parents Centre, which received £395,670, will use the money for Health Matters 2, a project to improve the physical and mental health of

residents from black and minority ethnic communities.

The Spitalfields centre will run various events including fitness and cookery classes, stop smoking workshops and cervical screening.

The Care and Learning Foundation will spend its £10,000 on raising awareness of heart conditions, fitness and how to help someone having a heart attack.

St Hilda's East Community Centre in Bethnal Green will spend its £9,703 on promoting healthy lifestyles for Bangladeshi women who are socially isolated.

The awards, announced last Tuesday, were made through the Big Lottery Fund's Awards for All and Reaching Communities programmes, which provide grants between £300 and £10,000 and £10,000 and above for long-term projects to voluntary and community organisations.

Projects with ideas on how they could make a difference to their community can find out how to apply for funding by joining an online seminar, which runs every week.

To find out more visit www.biglotteryfund.org.uk/englandwebinars

News in brief Dispute suspended



THE legal dispute between the council and the Rich Mix arts centre has been temporarily suspended.

The trial, which was the result of a long-running disagreement on funding for the centre, was vacated by agreement to allow time for Mayor John Biggs to consider the council's position.

A council spokesperson said: "Mayor Biggs is committed to finding a constructive way forward to settle this outstanding dispute. Discussions between the parties are on-going and it is hoped that these discussions will resolve the dispute."

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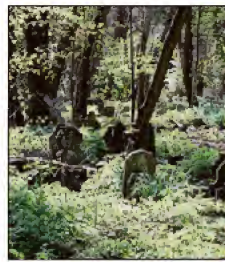
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Is it a Skipper or a Speckled Wood?

A free butterfly walk will take place in Victoria Park at 10.30am on Saturday, July 25. There will also be wildlife walks (£5) in the Cemetery Park during the Shuffle Festival from July 25-August 2.

SEE BELOW

Useful information

The Blue Blue grass of home

News from the Friends of Tower Hamlets Cemetery Park

YOU can get among the Kentucky Blue Grass in any long grass in Tower Hamlets. That may come as a surprise, but there's a simple explanation.

When British settlers went to north America in the 17th century, they took with them, deliberately or accidentally, the seeds of many European plants. Among the seeds of good animal fodder plants, which they took deliberately, was Smooth Meadow Grass (*Pod Pratensis*).

In the two centuries it took for European settlement to reach Kentucky, this grass got there by natural means and thrived abundantly, so prairies of it were there when white settlers finally arrived!

If you look at long grass now anywhere – and many of our parks and open spaces deliberately maintain some long grass in summer – you'll find a great diversity of grass seed heads, with intriguing names such as Cock's Foot, Timothy, Crested Dog's Tail and Yorkshire Fog.

On a sunny day, you may see butterflies too. Of our local butterflies, the caterpillars of four Browns and three Skippers feed on grasses. The Skippers – Large, Small and Essex – are small, golden brown butterflies that fly as their name suggests.

The Browns are larger. They are the Meadow Brown, Speckled Wood, Gatekeeper and Ringlet. As far as we know, the Ringlet is only found in the Cemetery Park. None of these butterflies can exist where grass is regularly mown.

Where the long grass also has wildflowers there should be other butterflies, and July is the peak time for them.

Often, they'll be seeking nectar from the flowers, but they have other business too. Mated females will be looking for the right plants on which to lay their



eggs. Males will be ceaselessly seeking females. Some, such as the Meadow Brown and the Whites, are constantly on the move. Others, such as the Large Skipper and the Comma, take up a territory and watch for passing females.

At this time of year certain butterflies – Brimstone and Peacock, for example – are looking for mates. They'll hibernate and won't mate till spring. The Brimstone is one of the butterflies you may find in the long grass but it doesn't lay its eggs there, but on a shrub, Buckthorn.

Several other butterflies lay their eggs on particular shrubs or trees. One of these, the Purple Hairstreak, is very exclusive, as it spends much of its life walking about on the canopy of tall oaks, where it feeds on the "honeydew" produced by aphids.

If it's seen flying, that's usually in the evening. We've seen them occasionally in the Cemetery Park, and they probably live in Victoria Park too. Please let us know if you've seen them. The many large oaks of various kinds there offer food to their caterpillars.

I'm leading a free butterfly walk in Victoria Park at 10.30am on Saturday, July 25. To book, call Joelle on 7364 4504.

There will also be a range of walks, some covering themes around butterflies, wildflowers and wild food, all costing £5, in the Cemetery Park during the Shuffle Festival between July 25 – August 2. Visit www.fothcp.org/events

**By Terry Lyle,
Friends of Tower Hamlets Cemetery Park**

Chemist rota

Pharmacists in Tower Hamlets with extended opening hours.

E1

ABC Drug Stores, 12-14 Montague Street: Mon-Fri 9am-7pm, Sat 9am-5.30pm, Sun 10am-2.30pm.
Beck & Sherman, 197 Whitechapel Road: Mon-Fri 9am-7pm, Sat 9am-5.30pm, bank holidays 11am-1pm.
Sainsbury's, The Albion Brewery: Mon-Fri 8.30am-10pm, Sat 7.30am-10pm, Sun 11am-5pm.

Chapel, 139 Cannon Street: Mon-Fri 9am-8pm, Sat 9am-6pm.

E2

Fairdale, 360 Bethnal Green Road: Mon, Tues, Weds, Fri 9am-6.30pm, Thurs 9am-1pm, Sat 9am-6pm, bank holidays 11am-2pm.
Florida, 307 Bethnal Green Road: Mon-Fri 9am-7pm, Sat 9am-6pm, bank holidays 11am-2pm.

E3

Bell, 534 Roman Road: Mon-Sat 7am-11pm, Sun 10am-2pm.
Forward, 648 Mile End Road:

Mon-Fri 9am-7pm, Sat 9am-6pm, Sun and bank holidays 10am-6pm.

Green Light, St Andrew's Health Centre, 2 Hannafoord Walk: 8am-8pm, seven days a week, including bank holidays.
Lincoln, 60 St Paul's Way: Mon, Tues, Weds 8am-8pm, Thurs, Fri, 8am-8pm, Sat 9am-5pm.
Tesco, Hancock Road: Mon 8am-10.30pm, Tues-Fri 6.30am-10.30pm, Sat 6.30am-10pm, Sun 11am-4pm.

E14

Boots, Unit 15, Jubilee Place: Mon-Fri 7am-midnight, Sat

9am-6pm, Sun 12pm-6pm.
Britannia (Perimart), Asda Precinct, East Ferry Road: Mon-Sat 9am-8pm, Sun 11am-4pm, bank holidays 11am-6pm.

Doctors

Please ring your doctor's surgery for an appointment, but if it's the weekend or late at night, call 7377 7151 (only for people in Tower Hamlets who are registered with a doctor). To find a doctor, dentist or help to quit smoking call the health hotline on 7364 5016, Mon-Fri 8am-8pm and Sat 8am-4pm.

Advice

East London Parkinson's Support Group

For people with Parkinson's disease and their carers. Meets third Weds each month, 11am-12pm at John Scurr Community Centre, 1A Bekesbourne St, E14. 0844 225 3704/0808 800 0303

Family Information Service (FIS)

The Family Information Service provides information for people from birth to age 19 including helping parents and carers find childcare, advice on tax credits and childcare vouchers. Open Mon-Fri, 8am-6pm. 30 Greatorex Street, E1. fis@towerhamlets.gov.uk 7364 6495

Alzheimer's Society Tower Hamlets

Advice and help for carers and people with dementia. Mon-Fri, 9am-5pm. Robinson Centre, Mile End Hospital, Bancroft Road, E1. 8121 5626

Tower Hamlets Advocacy Project

Independent advocates for adults with learning disabilities. Mon-Fri, 9.30am-4.30pm. Gladstone Place, 1 Ewart Place, E3. 7364 2550/2199

Parents Advice Centre (PAC)

Offers advice around special educational needs (SEN). 30 Greatorex Street, E1. Drop-in sessions every Tues & Fri, 9.30am-3.30pm. 364 6489

LinkAge Plus

An initiative of the Department for Work and Pensions. Toynbee Hall is one of five centres that coordinates services and activities provided. Mon-Fri from 9am-5pm, drop-in session for advice on benefits, pensions, employment and housing. Appointments necessary. Mon 9am-5pm, Bangladeshi group. Toynbee Hall, Commercial Street, E1 7392 2914 www.toynbeehall.org.uk

Free Advice

Benefits, housing, immigration.

Bengali speakers, home visits to house-bound. Weds, 10.30am-12.30pm, Island House, Roserton Street, E14. Thurs, 1-3pm, Splash, Will Crooks Estate, Poplar High Street, E14. 7987 9379

Skillsmatch

Free advice on all aspects of employment including training, apprenticeships and job vacancies. Canary Wharf Recruitment & Training Centre, 55 Upper Bank Street, E14. 7364 3727 or email skillsmatch@towerhamlets.gov.uk

Tower Hamlets National Childbirth Trust

Offers support, information and friendship to parents and parents-to-be. Regular events. 07976 710964 or towerhamletsnct@yahoo.com www.nct.org.uk

Breastfeeding Support Centres

Mon 11am-1pm Wapping Children's Centre, 15 Chandler St, E1. Weds 12.30-2.30pm, Collingwood Children's Centre, Buckhurst St, E1. Fri 12.30-2.30pm, Overland Children's Centre, 60 Parnell Rd, E3. Sun 2-4pm Barkantine Birth Centre, 121 Westferry Rd, E14. 3594 2591 or 07961 609 626

Free home fire safety advice

From the London Fire Brigade 08000 28 44 28

Careers advice

Tower Hamlets Careers Service

Careers advice for ages 13-19 (up to 25 SEN). Mon-Fri, 1pm-5pm. Appointments available. Careers Centre, 35 Bow Road, E3. 7364 1401

TH Lifelong Learning

Mon-Thurs, 10am-4pm. Shadwell Centre, 455 The Highway, E1.

Careers advice

Support from Civic Enterprise Clubs Co-operative. Tues & Thurs, 1-4pm & 6-9pm. Bishopsgate Institute, 230 Bishopsgate, EC2. 07432 463343



Photo order form

Copies of pictures published in East End Life taken by council photographers are available to readers. To request a copy, email eastendlife.news@towerhamlets.gov.uk and we can send it straight away. If you do not have access to email fill in this form and send it to Photos, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. This service does take longer.

Name

Address

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Get out and about this summer

There are scores of events taking place in parks and open spaces across the borough this summer, from sports coaching and BMX riding, to water festival fun and a Day by the Seaside.

SEE BELOW FOR FULL DETAILS

Impressing the visitors

"I'm so impressed that Tower Hamlets puts on these free small events for local residents... I'm so envious!"

SUSAN KOORTZEN, BELOW

News

Summertime fun for everyone

BY SUSAN MULLIGAN

SCHOOL'S out for summer and the council has organised a programme of free community events, sports courses and fun-filled activities to keep the kids amused.

Activities will use many of the borough's 120 parks and green spaces and are mostly free.

The programme kicks off with a free cycle ride from **July 26** as part of **Santander Cycle Ride, Sky Ride Local**. Guided by British Cycling leaders, the rides will take in local scenery and landmarks. Santander Cycles will be provided free during the ride. For details visit www.goskyride.com/London.

Cardboard City takes place on **July 27** at Mile End Park Children's Playground in Locksley Street, E14. Old and young alike can use their imaginations to build a house, den or other building out of cardboard and sticky tape. Materials will be provided. Events run from 11am-4pm.

Still in Mile End, 8- to 16-year-olds can sprint, run and jump at a **Try Athletics** programme, running between **July 27-31** at Mile End Stadium in Rhodeswell Road from 9.30am-2pm (9.30am-3pm on a Friday).

From **July 27 to August 28**, **Football in the Community** sessions will run for 8- to 16-year-olds at Attlee Centre, Thrawl Street – details of times, from Junel Uddin on 7613 5309 or 07956 835 811 – and at Community Pitch, Old Bethnal Green Road, E2. For session times call Ade Abayomi on 07956 462544.

Two **Sports and Play Festivals** will take place from 11am-4pm on **July 29** at Weavers Fields, Valance Road, E2, and on **August 5** at King Edward Memorial Park, Glamis Road, E1W.

Try your hand at basketball, boccia, football, tennis, giant outdoor games, rounders, athletics, face painting, children's rides, arts and crafts, new age curling and trampolining.

Have fun and be healthy on **July 30** at **Mile End Park**



MORE than 500 people came along to Our Big Gig at Victoria Park on July 12. The Friends of Victoria Park were awarded a grant of £400 from Superact and the Department of Communities and Local Government (DCLG) to organise the event by the west lake. The London Metropolitan Brass Band and East London Late Starters Orchestra put on workshops to encourage the crowd to play musical instruments and to 'jam' with them.

Visitor Susan Koortzen said. "I only stumbled on this event by chance as we were visiting family.

"I was so impressed that Tower Hamlets puts on these free small events for local residents. I live in Essex and we don't have anything like this in our local parks... I'm so envious!"

Children's Playground from 11am-3pm, with games, smoothie-making, fruit kebabs, bouncy castle, coconut shy and fruit tattoos. The playground also hosts a **celebration of water** on **August 10** from 11am-4pm where you can have fun with water guns and splash about in the fountains – bring a change of clothes.



Activities for all the family will be offer

A **Sporting Carnival** will take place on **August 12**, from 11am-4pm at Stepney Green Park, Redmans Road, E1. Try out athletics, football, tennis, volleyball, cycling, new age curling, trampolining, climbing wall, outdoor games, giant inflatables, arts and crafts, street dance, Zumba and steel pans.

Qualified coaches will provide training to 8- to 16-year-olds at **Tower Hamlets Basketball Camp** from **August 17-21** in Bethnal Green Gardens, Braintree Street, E2. To book a place, email madonis.thomas@towerhamlets.gov.uk

On **19 August**, Mile End Park Children's Playground will be transformed into a **Day by the Seaside**. From 11am to 4pm, there will be donkey rides, arts and crafts, Punch and Judy, children's rides, sports, sand and water play, face painting, helter skelter and trampolining.

BMX sessions are running at the BMX Track, Mile End Park, Burdett Road, E3 from **August 24-28**. These are for experienced riders only. To

book a place, email stewart@towerhamlets.gov.uk

Experienced mother and daughter (11+) cyclists are invited to join a group touring the **Olympic sites by bike** on **August 24-25**. To book a session, email pauline.stewart@towerhamlets.gov.uk

stewart@towerhamlets.gov.uk

Everyone is welcome at the **Sports and Play Rugby Festival**, from 11am-4pm on **August 28** at Millwall Park, East Ferry Road, E14. On offer are basketball, boccia, football, tennis, giant outdoor games, rounders,

athletics, face painting, children's rides, coconut shy, arts and crafts, new age curling and trampolining.

Free sports courses and taster sessions in canoeing, archery, climbing, mountain biking and skate boarding are open to all 8- to 16-year-olds. Courses and sessions are run from the Urban Adventure Base and need to be pre-booked. Email shenneth.brereton@towerhamlets.gov.uk

Victoria Park Day takes place on **August 1** from 11am-5pm. Attractions include donkey rides, giant land orbs, rides, climbing wall, Day at the Beach, water play and den making. Head to Crown Gate East on the Lido Field.

Bring your friends and try something new at the Sports and **Healthy Living Day** on **August 26**, from 11am-4pm on the west side of Victoria Park, near the V&A Playground.

Girls get Active launches on **August 24** for girls aged 11-15. For just 50p, girls can be coached by qualified female instructors in badminton, basketball, hoola hooping, netball and football. There is also access to the gym.

Activities take place at Whitechapel Leisure Centre, 55 Durward Street, E1. To register call Madonis Thomas on 7364 3204.

STEPNEY GREEN FAIR 2015

Organised by Stifford Centre in partnership with Canary Wharf Group PLC

COMMUNITY FAIR

FUN-FAIR · MUSIC · FOOD · ART

FREE ENTRY

Venue: Stepney Green Park
Date: Sunday 26th July 2015
Time: 12:00pm - 7:00pm

For further information contact:
 Stifford Centre, 2-6 Cressy Place, E1 3JG. 020 7790 3632
 For stall hire contact: Ahabab Miah on 07904 836283 or 0750 8882292
 or Drop in at: ampro-direct, 118 Salmon Lane, London E14 7PQ

Supported by:

Fun for schools

Students at six Tower Hamlets schools competed in their own Paralympic fun day trying out various events.

SEE BELOW



Starmakers – and stargazers

Children from Columbia Primary School produced an animated film on the subject of the moon and space and then watched the premier of their own efforts at Oxford House.

SEE BELOW

Schools news

CHILDREN from Columbia Primary School attended the premiere of their own films at Oxford House, Bethnal Green. Youngsters in year five Emerald and Pearl classes worked on a project with Skidaddle Animation. All learning was moon and space related. The pupils found out about gravity and what it was like to live in the international space station. As part of literacy lessons, the children watched space

films and wrote their own stories and storyboards. Animators John and Sáhelly worked with them to make images and animate them. Teachers and parents also attended the premiere on July 7 and watched the finished films titled *The Mysterious Moonstone* and *Footsteps in Space*, which were full of surprises including a lunar dog. Canary Wharf Group's film fund sponsored the initiative.



Students get creative

CREATIVE writers at Oaklands School have launched an anthology of stories and poems.

The book was produced in collaboration with First Story, a national charity giving opportunities to young writers in residence.

Over the last year, students from years 8-12 have been working with the charity and writer Alice Albinia to develop pieces for the book, titled *Some Place Some Time*.

The launch on July 7 included readings from students, music and oral performances.

Year 10 pupil Anjum Jannath, who came first in a competition to design the book's cover, received an art award.

Actress MyAnna Buring, famous for her roles in the *Twilight Saga*, *The Descent* and as maid Edna Braithwaite in *Downton Abbey*, joined parents and staff at the launch and read the opening poem.

MyAnna visited the school as a representative of Word-Theatre, a non-profit organisation that brings contemporary literature to life through live performances.

Staying ahead of the game

BY JESSICA ODUBAYO

THIS Sunday, July 26, is National Paralympic Day, but a consortium of Stepney schools were ahead of the game when they held their own fun day.

Ben Jonson, Cayley, Halley, Redlands, Smithy Street and Stephen Hawking schools – which are all part of the Stepney Partnership – took part in the Paralympic fun day at Stepney Green Maths, Computing and Science College.

The event on June 19 was the finale in a series of five Paralympic days sponsored by Canary Wharf Group.

The first four fun days were held at partnership primary schools where pupils with disabilities or severe medical



Pupils try out fencing at the school Paralympic fun day

conditions joined in sporting activities including sitting volleyball, basketball, fencing, boccia and cricket.

On the final day, children of all abilities tried fencing, athletics, archery and cricket.

Volunteer games makers and

school ambassadors from Stepney Green School assisted sports coaches so the day ran smoothly.

Lynne Roberts, Tower Hamlets advisory teacher for pupils with a disability or severe medical condition, and Dale Pyle, from Canary Wharf Group, presented medals to participants.

Sanjuma, a pupil at Smithy Street School said: "I had so much fun and I am so fast at running."

Emaan from Redlands School said: "I liked all the sports and I am getting good at them."

A celebration will take place at Queen Elizabeth Olympic Park to mark National Paralympic Day.

Fans can cheer on GB athletes in swimming and athletics and, in addition to the ticketed events, visitors can meet Paralympic heroes, try disability sport and enjoy the Mayor of London's Liberty Festival.

PC club is a real wizz

YOUNG people between the ages of eight and 14 are being given an opportunity to make their own games and do other cool stuff, by enrolling on a summer computing club.

The Wizzie Wizzie Computer Coding Club will take place from 2-3.30pm at Rochelle School, Arnold Circus, Bethnal Green, every Saturday until August 29.

A roster of professional programmers volunteer to teach the children Scratch, Python and Kids Ruby. The tutors are CRB checked.

All you need is basic computer skills and the ability to read. To sign up, go to <http://wizziewizzie.org>

WINNERS of this year's schools presentation skills competition have been announced.

Tower Hamlets Education Business Partnership (THEBP) developed the competition in partnership with Bank of America Merrill Lynch to build communications, confidence and skills in students.

Nine pupils gave presentations in the final, held on July 1 at the bank's City offices. First prize went to Owen



Turner of Swanlea School. Second and third places went to Zulaika Ali of Swanlea School and Maisha

Zainab of Mulberry School for Girls. The 14-year-olds were asked to choose from a list of

different business themes. Owen's winning presentation covered the ethics of global brands,

highlighting the plight of workers in countries that produce goods for sale in wealthy multi national stores.

"I feel I've learnt a lot about all the elements of a good presentation and the communications skills needed to get your point across," he said.

"Taking part required me to do lots of research into my chosen topic, and I really enjoyed turning this into an interesting presentation for the audience."



Summerfest supports work of hospice

Richard House Children's Hospice provides care and support for life-limited children, young people with complex health concerns and their families from across east and north east London.

RICHARDHOUSE.ORG.UK — SEE BELOW

Serving up a choice

The Food for Health Awards encourage local businesses to reduce salt, sugar and fat in their food.

News

Food campaign puts healthy eating back on the menu

BY ANNA WILSON

LAST month saw the launch of #THfoodforhealth; a campaign that encourages people to share local knowledge of where to find the best dishes, recipes and fruit and veg across the borough.

The Tower Hamlets Food for Health Award (FFHA) winning shops, cafes, markets and restaurants are celebrating the taste of summer by promoting classic English summer produce on their stalls, in their shops and on their menus.

The FFHA scheme has seen more than 200 businesses in Tower Hamlets sign up to offer healthier options

to residents, reducing the amount of fat and salt in the foods that they sell.

As part of this scheme, the Buywell retail project has supported market traders and convenience store owners to increase their fruit and vegetable sales by improving the quality, range and freshness.

This month sees the celebration of cherries and you can support British cherry orchards by shopping locally.

Esuf Miah has been a fruit and veg trader at Bethnal Green market for 14 years. A former chef, he is an expert at not only buying seasonal vegetables but also cooking them.

Mr Miah is a member of a FFHA network of food and veg sellers who have been recognised for their outstand-

ing standard, quality, range and value and has recently been presented with a silver award.

He is proud of the number of British-grown, quality products he has on his stall. He said: "Cherries are really good at this time of year."

Mayor John Biggs said: "Tower Hamlets has such diverse range of markets, offering so many varieties of interesting and unique produce. Shopping at your local market is a great way to support local business."

Follow us on Twitter @TowerHamletsNow and be sure to share your own recipes under #THfoodforhealth.

For details visit www.towerhamlets.gov.uk/foodforhealth.

News in brief

Finding faith afloat

FLOATING church St Peter's Barge in West India Quay is hosting a series of summer lunchtime talks titled 'questions of life'.

The talks, focusing on the Christian faith, will take place on board the barge on Wednesdays from 1.05-1.35pm and Thursdays from 1.15-1.45pm.

The series will also run at Canary Wharf Idea Store, on Thursdays from 12.15-12.45pm. There will be an opportunity to ask questions at each event.

The events, which are free to attend and open to all, will run weekly until August 27.

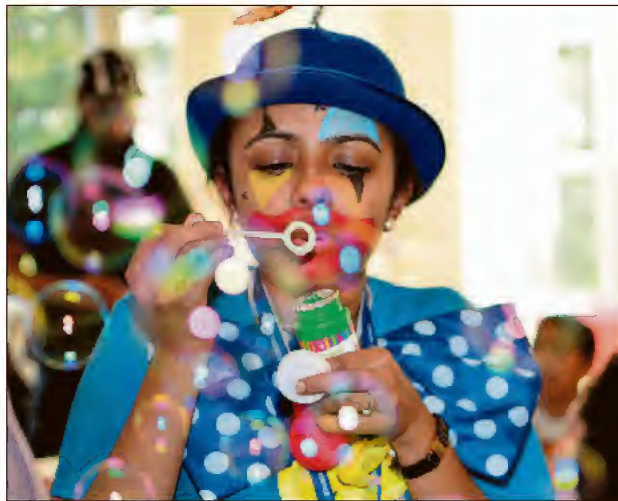
Guest speakers will discuss topics including "Will I ever have enough time" and "Is Christianity outdated?"

For further information visit www.stpetersbarge.org or call 7093 1212.



FFHA network member Esuf Miah

RICHARD House Children's Hospice in Beckton is holding a summer festival on Saturday, August 8. The charity is inviting residents to the free event which will feature games, stalls, face painting and free entertainment. Proceeds from the event, titled Summerfest 2015, will support the hospice in its work to provide care and respite to local families and children with life-limited illnesses. Stalls are available to hire for £10 per stall. For details email emmae@richardhouse.org.uk



Bring on the clowns at Summerfest 2015

Record-breaking readers

IDEA Stores across Tower Hamlets teamed up with Guinness World Records on Saturday, July 11 to help set a new record of children participating in the Summer Reading Challenge.

The challenge encourages children to visit their local library to read six books during the summer holidays, in exchange for free stickers and a medal for everyone who finishes.

This year's challenge theme is Record Breakers. Libraries all over the country asked visitors to make pledges to visit a library or encourage people to read over the summer, in a bid to set a world record.

Children and parents at Idea Stores in Tower

Hamlets contributed 859 pledges to the record attempt.

Neal Smith, team leader at Idea Store Watney Market, where 327 pledges were made, said: "The children had a great time talking to Janet Noble, children's author and local school librarian, about reading and why they want to read lots of books over the summer."

"It was great to see mums and dads making pledges and encouraging their children to sign up. We had 210 children signed up and reading by the end of the day."

The Summer Reading Challenge is running throughout the school holidays. Children can join now at Idea Stores and libraries.

UPTON PARK

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FULL TERMS AND CONDITIONS WILL APPLY. OFFER FOR A LIMITED PERIOD ONLY

All the fun of the fair

There will be sack races, tug-o-war and an egg and spoon race at Stepney Green fair on Sunday, July 26.

SEE BELOW

Code of practice drawn up by older people



“Age UK East London plans to monitor implementation of the code; refer to it in contracts for services to older people and include it in staff training.”

DAVID HOLLAND, TEAM LEADER USER INVOLVEMENT

News



A CODE of practice drawn up by older people to guide statutory agencies delivering services in the borough has been launched. The charity Age UK East London's Older People's Reference Group developed the code following consultation with over-50s. The 14-point plan states that older people have a right to dignity and independence and to participate in social and cultural life. Others state older people should be addressed by care staff in a respectful manner; be treated as individuals and

listened to; be given privacy when receiving intimate care; and should not be refused services on the grounds of age. Residents aged over 50 attended a launch event on Monday, July 13, where they received copies of the code, which has been endorsed by Age UK East London, Healthwatch Tower Hamlets, the Older People's Reference Group, Tower Hamlets Clinical Commissioning Group, East London NHS Foundation Trust and Barts Health NHS Trust.

News in brief

Suppliers sought

THE council is inviting potential suppliers to find out more about a contract for corporate removal, storage and disposal services.

The framework up for grabs has been divided into lots, ensuring that local, small and medium size businesses are able to bid for aspects of – or the whole of – the contract.

The council is providing additional details about the contract at a market engagement event, so businesses have the information they need to do well in the procurement process.

Potential suppliers have the option to apply for one or more of the following lots:

■ Lot 1 – removal services (office and homeless): provision of specialist removal, packing and delivery services of office and household items, including

furniture, to various locations.

■ Lot 2 – removal services (under occupied): provision of removal and delivery services of items belonging to those downsizing properties.

■ Lot 3 – storage services (office and household items): provision of storing services for office and household items, including furniture, to assist in the delivery of its statutory obligation under S211 of the 1996 Housing Act (and any successor legislation).

■ Lot 4 – disposal services: provision of disposal services of unwanted office and household items including furniture.

Businesses interested should book a place by noon on July 22 via the London tender portal at www.londontenders.org

Fun at the fair

THE Stepney Green fair takes place on Sunday, July 26 from

12-7pm at Stepney Green Park, Stepney Way.

West Ham United Foundation will host a football shootout competition and there will be sack races, tug-o-war and an egg and spoon race.

Community organisations will be on hand to provide advice and information, from employment tips to keeping healthy and also improving neighbourhoods through recycling.

There will be workshops including health and genes, fruit carving, badge making and Bollywood dance. There will be free musical and drama productions.

The fair, organised by the Stifford Centre in partnership with Canary Wharf, will also feature food and business areas.

Visit www.facebook.com/stiffordcentre

MyFuture

Apprenticeships, Traineeships and Courses for Young People



Date: Wednesday 22 July

Time: 2pm – 5pm

Venue: The Mile End Ecology Pavilion

If you are aged 16 – 19, or up to 25 with Special Educational Needs and interested in apprenticeships, training programmes or courses then come along and meet recruiters who have opportunities available.

For more information, contact the Targeted Youth Support team on 020 7364 2707 or email targeted.support@towerhamlets.gov.uk

The Mile End Ecology Pavilion is off Grove Road, London E3 5BH.

Buses: D6, 425, 277, 25 and no 8, all stops are within walking distance to the venue.

Tube: Mile End underground – walk up Grove Road and past the Arts Pavilion.





Nobody argued with Jack Spot...

Wesley Clarkson's book on Spot shines a light on the East End of the early 1900s... This London gang boss has been displaced in the mythology of London crime by the Krays.

Got a story to tell?

If you have a tale about East End history, write to John Rennie or email him at johnrennie@gmail.com

SEE BELOW

WWW.EASTLONDONHISTORY.COM

History

The other King of the Underworld

Before the Krays and Frankie Fraser, Jewish gangster Jack Spot ruled the East End

BY JOHN RENNIE

THE mythology of Jack Spot is a strong one. The Jewish gangster who looked after his own, protecting the Jewish shopkeepers from Blackshirt violence in the 1930s; heading up north to deal with the gangsters of Manchester and Newcastle who were trying to encroach on territory in the capital run by decent, honest Cockney thieves.

Largely fiction, of course. Jacob Colmore, John Colmore, Jacob Comacho or Jack Comer – you can take your pick from the names he had, in addition to the childhood nickname of Jack Spot – did protect those shopkeepers... but at a price.

And when he headed north to take on the rather prosaically named Newcastle Ned or Manchester Mike, he was only trying to benefit one Cockney criminal.

And rather like Billy Fury and Adam Faith being swept away in the popular memory of us Britons by The Beatles and the Rolling Stones, this London gang boss, who reached his peak in the late 1950s, has been displaced in the mythology of London crime by the Krays... a harder, nastier operation.

But the fascinating thing about Wesley Clarkson's book on Spot (and it bears a title which the man himself would surely have loved, in *Hit 'em Hard: Jack Spot, King of the Underworld*) is the light it shines on the East End of the early 1900s.

Jackie Colmore was born in Myrdle Street, Whitechapel in 1912, the son of Polish immigrants. Thus he bridged the old Edwardian Whitechapel world of spielers, bookies' runners, sweatshops and gaslights, and the white heat of Sixties Britain.

Colmore was born into a world a step away from Ripper Street and Peaky Blinders. But he would live long, until 1996 – the year of the IRA bombing of Canary Wharf.

To read accounts of the East End of those World War I years, it seems that everybody was simultaneously honest and decent AND pinching everything in sight. Colmore spoke approvingly of the Irish families, who occupied one side of Myrdle Street, while Jewish families were all down the other. The Irish matriarchs were strict, he remembers, "those women could outfight" the men.

Right: Jackie Colmore – also known as Jack Spot – pictured in 1988



It's a picture reinforced by the memories of Edward Greeno, who policed Whitechapel in those years. He remembered saints' days when the streets were a mass of children in white surplices, their parents dabbing away tears. "By night, the pubs heaving, nobody in their right minds would be on the streets, certainly not police officers!"

And Colmore, who seems to have enjoyed a lack of parental control startling to us modern-day helicopter parents, learned early to keep a sharp eye for anything not nailed down... even some things that were.

The tar bricks used to pave the East End streets were a favourite target for the light-fingered Jackie and his pals. They would be levered up from the road and sold to householders to burn on the front room fire.

They would become adept at thieving from shops or lifting wallets Artful Dodger style – the first child would grab the goods then quickly pass them on to a confederate, and so on, like a robbers' relay.

That way, if the first lad was caught, there

were never any goods on him as proof.

He'd learned his skills young, down at the docks. Pilfering was always rife, and with the privations of the First World War any looted goods were at a premium.

Spiritous liquors were the greatest prize, and the most fiercely protected, in bond houses and behind massive brick walls. But the dockers were enterprising, siphoning off brandy, rum and whisky with a length of rubber tubing (sucking the monkey), and swiftly passing bottles of the precious stuff to youngsters like Jack... already an adept runner of liquor at just six years old.

Anti-semitism was rife, of course. The young Jack disliked his nickname of Spot, given by his schoolmates because of the mole on his cheek. "But it was better than 'Colmore the Jew boy', so I soon got used to it." Later on, overt anti-semitism would be met with far less tolerance.

Of course, a living had to be made. His parents worked in the rag trade and his siblings followed them: his brother became a tailor and his sister a dressmaker. But Jack,

“At 16, he was already an intimidating figure. He quickly muscled his boss aside and took the protection business for himself”

after leaving school at 14 and drifting through a variety of jobs, including working in a Whitechapel café, was after better, if not easier money.

At 15 he became a bookie's runner – all illegal, of course, as there was no off-course betting in those days. Then he worked as muscle for a man running protection rackets on the Sunday morning stalls in Petticoat Lane. At 16, Comer was already a muscular and intimidating figure. He quickly muscled his boss aside and took the protection business for himself, emerging as the self-styled 'King of Aldgate'.

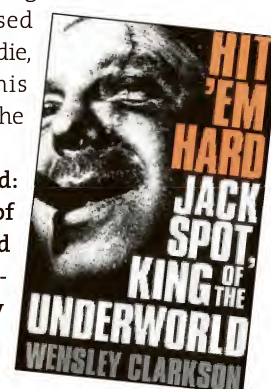
He went into partnership with East End bookie Dutch Barney, then took a more direct route – acting as lookout and minder to a successful housebreaker. Arrested and admitting to 40 offences, he was merely bound over.

No doubt amazed by his luck, Spot went back to bookmaking. People quickly learned not to argue with Comer, who had become adept with a razor. As he coldly admitted: "It doesn't matter how big or tough they think they are, as soon as you cut a man with a razor it brings him down to size."

Later on, Jack himself would be brought down to size, escaping with his life after 'the fight that never was' in Soho's Old Compton Street. But, unlike his later nemesis – including the Krays and his erstwhile apprentice Billy Hill – Jack would live to a ripe and contented old age.

He was nudged into retirement, of course. In 1956, Spot and his then wife Rita were attacked outside their Paddington home – by Frankie Fraser. Two savage beatings were enough for the ageing and now deposed 'king'. He would die, peacefully in his bed, in 1996, at the age of 83.

■ **Hit 'em Hard: Jack Spot, King of the Underworld** by Wensley Clarkson, published by HarperCollins Entertainment.



A range of services

The council provides many services for residents and businesses. Go to the A-Z on the website at...

WWW.TOWERHAMLETS.GOV.UK

Council information

Tower Hamlets forward planner

TOWER Hamlets Council produces a forward plan every month detailing the key decisions it will take, together with the details of

Meetings

Tuesday, July 21

6.30pm: Licensing committee Business includes election of a vice chair and terms of reference, membership and quorum for the municipal year. Update about prosecutions and appeals for quarter four 2014/2015 and quarter one 2015. The meeting will also consider an application to increase the licence fee for the London Tattoo Convention 2015. For details call Simmi Yesmin on 7364 4120 or email simmi.yesmin@towerhamlets.gov.uk

7pm: Strategic development committee

Business includes election of a vice chair, noting of procedures for hearing objections at meetings of the committee, and terms of reference, quorum, membership and dates of future meetings. Planning applications for decision include: land bounded by Elder Street, Folgate Street, Blossom Street, Norton Folgate, Shoreditch High Street and Commercial Street, E1; 38th floor, 1 Canada Square, E14;

the author, and consultation undertaken. It can be found in Idea Stores, libraries, One Stop Shops and council offices or at www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm

land at 160-166 Chrisp Street, E14; and former Beagle House (now known as Maersk House), Braham Street, E1. For details call Zoe Folley on 7364 4877 or email zoe.folley@towerhamlets.gov.uk

7pm: Audit committee Business includes the appointment of a vice chair; terms of reference, quorum, membership and dates of meetings. The meeting will also consider an annual governance statement and anti-fraud report. Call Antonella Burgio on 7364 4881 or email antonella.burgio@towerhamlets.gov.uk

Wednesday, July 22 7.30pm: Council Call John S Williams on 7364 4204 or email johns.williams@towerhamlets.gov.uk

Details are accurate at time of going to press. Agendas are available online a week before meetings, which are at the Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG, except cabinet.

- report a missed rubbish collection
- make a doorstep recycling request
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- bulk rubbish collections

Tower Hamlets online

www.towerhamlets.gov.uk

For information on council services, including:

The Government is changing benefits Prepare and act now

Get information on welfare reform

The council's benefits service can provide information about housing benefit, council tax benefit and entitlement to free school meals. It has compiled a list of helpful agencies at...

WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM

Planning

EC3

Wine Vaults, Tower Hill

Terrace – external alterations to Gloucester Court elevation including replacement of existing doors, windows and signage. Replacement of 2 x flagpole signs and 1 x fascia sign.

E1W

Flat 1c, Olivers Wharf, 64

Wapping High Street – alterations to window glass at front of apartment overlooking Wapping High Street.

Flat 94, Hermitage Court, Knighten Street – alterations to external glazing.

E1

5 Mile End Road – change of use from office and minicab office to two-bed residential unit.

1-7 Leyden Street – redevelopment of existing buildings, including retention of facade and principle structure. Demolition of the existing one- and two-storey structures to side of principle buildings, to provide a new retail unit at ground-floor level and 7 new residential units at first to fifth floors, comprising 2 x 1 bed, 4 x 2 bed and 1 x 3 bed units.

96 Whitechapel High Street – replacement shop windows and relocation of shop door.

4 Arbour Square – ground floor: new opening between kitchen and dining room; removal of store in back garden and create new WC and utility extension. New double-glazed door to rear façade and new shed for neighbour. Reinstatement of fireplace in back room. First

floor: alteration to partitions of bathroom; installation of new bathroom. Move door opening. Second floor: removal of loft and creation of new skylight. Removal of ceiling in living room to expose structure.

Move door opening. Front facade: new fan light on top of main entrance door. Rear facade: new opening at ground-floor level; alteration to rainwater pipe and down pipe.

Harry Gosling Primary School, Henriques Street – replace timber cladding at first floor to elevations facing the PRU with brickwork to match ground floor. Planning permission, ref: PA/14/02987.

77 Alie Street – signage for ground-floor A3 unit. 3 internally illuminated, suspended roundel signs with restaurant logo, to be hung inside the building, behind the line of the glazing. Details of ventilation of planning permission, ref: PA/13/02243.

26 Fordham Street – loft conversion incorporating part mansard roof at rear and 2 x Velux windows at front. New loft space would be linked with second-floor flats to create additional bedroom for each.

59-61 Roman Road – single-storey rooftop and rear extensions, alterations to elevations.

Flat 1, Rogers Estate, Globe Road – rear extension comprising new single bedroom and reconfigured living/dining room.

55 Brierly Gardens – rear extension and demolition of existing ramp to be replaced with new ramped access.

Site at former 5-10 Corbridge

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Crescent – details of construction management and site management plans of planning permission, ref: PA/14/00961.

E3

Site at Bow Wharf adjoining Regents Canal and Old Ford Road, Old Ford Road – non-material amendment of planning permission, ref: PA/11/03371.

1 Schoolbell Mews – glazed roof over existing courtyard, increase in height of boundary walls, installation of glazed front door and roof lights.

Leamouth north (London City Island), Orchard Place – details of emergency evacuation plan of planning permission, PA/14/03256.

Car park space, 72 Manilla Street – demolition of existing buildings and building of eight-storey building with a ground-floor office unit, together with seven one-bed flats on upper floors.

Wood Wharf, Prestons Road – site-wide demolition and construction environmental management plan of planning permission, ref: PA/13/02966.

Northern side of Blackwall Tunnel – one single-sided digital display with associated logo boxes to face south bound traffic on A102.

Unit 3, 139 Three Colt Street – change of use to beauty salon with awning. External signage including fascia sign, logo on awning, self-adhesive window film and window frosting .

Railway Arches, 244-246 Ratcliffe Lane – continuation of use as car wash.

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Drug treatment providers

Community Drug Team

Substitute prescribing, key working, health screening & referral to residential treatment. 71 Johnson Street, E1. 7790 1344 www.lifeline.org.uk

Nafas

Support with a focus on Bangladeshi community. The Davenant Centre, 179-181 Whitechapel Road, E1 7377 0676.

Harbour Recovery Centre

In-patient detox for 18+ males. Riverside House, 4th Floor, 20 Garford Street, E14. 7538 9421

Young People's Service

Treatment for under-19s Unit 26, Skyline Village, Limeharbour, E14. 3069 7878 www.lifeline.org.uk

Isis

For women aged over 18 c/o Hopetown Hostel, 60 Old Montague Street, E1. 7426 0399 www.compass-uk.org

Community Alcohol Team

Unit 22, Skylines Village Limeharbour, E14. 0800 008 7200 www.rapt.org.uk

Somali Substance Misuse

Help, advice & referral for people with khat, alcohol or drug issues. Contact Idriis Elmi. Mind in Tower Hamlets & Newham, Open House 13 Whitethorn Street, E3. 7510 1081

Your FAMILY ANNOUNCEMENTS Are you are looking to celebrate or remember someone dear to you? Whatever you want to say, use East End Life to make your announcement. Your announcement must reach us by 12noon on the Tuesday before the publication date you require. Send the text of your announcement including your contact details to East End Life Family Announcements, Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BGor e-mail to: terri.gornall@towerhamlets.gov.uk | sharan.ahmed@towerhamlets.gov.uk christine.o'doherty@towerhamlets.gov.uk | fatima.khan@towerhamlets.gov.uk Sizes and prices: 6 x 1 (60mm high x 41mm wide) = £10 6 x 2 (60mm high x 85mm wide) = £20 Pre-payment by credit or debit card, cheque (payable to LBTH).

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Email your photos to us at eastendlife.news@towerhamlets.gov.uk

Council information

Town Hall

Town Hall, Mulberry Place,
5 Clove Crescent, E14 2BG.
7364 5000

Hotline numbers

Housing benefits – 7364 5001
Council tax – 7364 5002
Parking services – 7364 5003
Streetline – 7364 5004
Adult social care – 7364 5005
Children's services – 7364 5006
Pest and noise nuisance –
7364 5007
Employment & skills service
(Skillsmatch) – 7364 3727
Environmental health,
trading standards & licensing
– 7364 5008
Planning & development
– 7364 5009
Business rates – 7364 5010
Recruitment line – 7364 5011
Electoral services – 7364 0872
Tower Hamlets Homes
– 7364 5015
Healthline – 7364 5016

General enquiries

Council enquiries – 7364 5020.

Useful housing numbers

Housing repairs – 0800 376 1637
Tenancy support – 7364 5544
Housing advice – 7364 3558
Homeless service – 7364 7474
Choice-based lettings
– 7364 0244
Homeseekers – 0845 270 2400

Switchboard

If you know the name of the person or department you wish to speak to, call the switchboard on 7364 5000.



Do you know where to find this unusual feature of the borough? Our popular oddities picture poser gives readers the chance to keep their eyes peeled to see if they can spot where our photographers took the pictures. If you have photos of your own you would like to see published in East End Life, email them to eastendlife.news@towerhamlets.gov.uk or send them to Photo Poser, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. They need to be high resolution, at least 1MB and 300 dpi.

Report it!

To report an incident, use these 24-hour freephone numbers:

Non-emergency crimes – 101
Textphone – 18001 101

If a crime is in progress, there is an emergency or if anyone is in immediate danger dial 999.

The council's domestic violence team can provide information, signposting and referrals to local services. Bengali speakers available

0800 279 5434 (office hours)
24-hour domestic violence national helpline

0808 2000 247
Haven Whitechapel (sexual assault referral centre)

7247 4787
Karma Nirvana (Honour Network Helpline)
0800 5999 247
Broken Rainbow (LGBT domestic violence)
0845 260 4460
Black Women's Health & Family Support
8980 3503
Rights of Women

(legal advice)
7251 6577

Victim Support Line
0845 30 30 900
Victim Support Tower Hamlets
8555 8254
NSPCC Child Protection Helpline
0800 800 5000
Childline
0800 1111
Shelterline
0808 800 4444
Respect (for perpetrators)
0845 122 8609

Reunite (advice about child abduction)

0116 2556 234
Men's Advice Helpline
0808 8010 327
Samaritans
08457 909090

Tower Hamlets Mediation Service offers confidential and impartial advice with neighbour conflict
Free service for council tenants and leaseholders. 7702 8305

Trading standards
Consumer Direct: 08454 040506

Walk-in services

One Stop Shops

Bethnal Green – 1 Rushmead, off Bethnal Green Road, E2
Bow & North Poplar – John Onslow House, 1 Ewart Place, E3
South Poplar – 15 Market Square, Chrisp Street, E14
Stepney & Wapping – Idea Store Watney Market, 260 Commercial Road, E1.
Open Mon-Fri, 9am, doors close at 4.30pm. Sat, 9am, doors close 12.30pm at Rushmead and Idea Store Watney Market only.

Idea Stores

Bow – Gladstone Place, E3.
Canary Wharf – Churchill Place, Canary Wharf, E14.
Chrisp Street – Vesey Path, E14.
Whitechapel – 321 Whitechapel Road, E1. 7364 4332
Watney Market – Commercial E1. 7364 4332
All open: Mon to Thurs, 9am-9pm; Fri, 9am-6pm; Sat, 9am-5pm. Sundays – Bow and Chrisp Street open, 10am-4pm; Whitechapel, 11am-5pm; and Canary Wharf, 12-6pm.

Libraries

Bethnal Green – Cambridge Heath Road, E2. 8980 3902
Cubitt Town – Strattondale Street, E14. 7987 3152
All open: Mon, Tues, Weds & Fri, 10am-6pm; Thurs, 10am-8pm; Sat, 9am-5pm.
Local History Library and Archives – 277 Bancroft Road, E1. Open Tues, 10am-5pm; Weds, 9am-5pm; Thurs, 9am-8pm; Sat (1st & 3rd of the month), 9am-5pm.
7364 1290; email localhistory@towerhamlets.gov.uk

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Isku soo dhawaashada

War iyo wacaal waxaad haysaan u soo dir boga isku soo dhaweynta bulshada ee East End Life.



স্তন ক্যান্সার সম্পর্কে মহিলাদের সচেতন হওয়ার আহ্বান

সত্তরোর্ধ এশিয়ান মহিলাদেরকে নন-লাম্প স্তন ক্যান্সার উপসর্গ সম্পর্কে আরো সচেতন হওয়ার জন্য আহ্বান জানিয়েছেন দুই জন বিশিষ্ট এশীয় নারী ব্যক্তিত্ব পিংকি লিলানি এবং ইয়াসমিন আলিভাই-ব্রাউন। প্রতি বছর সত্তরোর্ধ বয়সী মহিলাদের প্রতি তিন জনের মধ্যে একজনকে স্তন ক্যান্সারের চিকিৎসা নিতে হয়। বিস্তারিত নিচে-

Harmony

Dhacdo xusuus mudan

DHAKHTARADA guud ee xaafaduhu waxay usoo jeedinayaan dumarka da,doodu tahay 70 jir ama ka weyntahay,inay taxadir ka yeeshaan kansarka ku dhaca naasaha,haday da-reemaan dhacdo aan caadi ahayna ay iyaga lasoo xidhiidhaan.

Talaabadii ugu dambeysey ee ay qaaday Adeega Caafimaadka Qaranku si loo tirtiro kansarka, wuxu ahaa olole ujeedadisu tahay in dumar badan la baadho waqti hore, si kor loogu qaado ogaanshaha calaamadaha kansarka iyo in dadka lagu dhiirigeliyo inay la hadlaan dhakhtarada guud ee xaafada, iyo sidoo kale in lagu dhiirigeliyo inay si joogto ah u tagaan baadhitaanada ku saabsan kansarka naasaha ku dhaca.

Dumarka da,doodu ka weyn tahay 70 jir, ma dhacdo inta badan inay tagaan baadhi-

Memorial event – see issue 1068

taanada, sababtuna waxa weeye iyagoon helin balamo si joogto ah loogu soo diro.

Si kastaba ha ahaatee dumarku waxay xaq u leeyihiin in la baadho sadexdii sanoba hal waqti, Sida ugu fiican ee baadhitaanadan lagu samayn karaa waa iyadoo loo soo maro dhakhtarada xaafada ama kooxda qaabilsan adeegyada baadhitaanadu ay si toos ah dumarka ula soo xidhiidho.

Saddex meeloodow meel ahaan xanuunka kansarka naasuhu wuxu ku dhacaa dumarka da,doodu ka weyn tahay 70 jir. Dumarka ay da,doodu aad u weyn tahay waxay inta badan dib u dhigaan balamahooda, sababtuna waxa weeye iyadoo laga yaabo inay ka walaacsan yihiin daaweynta, ama ay ugu wacan tahay gabow soo food saaray.

Kansarka naasaha ku dhaca waxa waqti hore lagu ogaan karaa baadhitaan, waqti hore oo la ogaado kansarkana waxay dhibyaraysaa in si dhib yar loo daaweeyo, waxa laga yaabaa inuu dawo yar u baahdo, waxaanay u dhowdahay in la daweeyo.

Baadhitaanka waxa la isticmaalaa tijaabo la yidhaahdo mammography oo ah raajito la saaro naasaha. Baadhitaanku wuxu caawiyaa in kansarka la helo waqti hore, oo araga xanuunka ama dareenkiisu yar yahay.

Hadii da,aadu 70 jir ka weyn tahay wac tilifoonka 3465 6631. Dumarka da,doodu u dhaxayso 50-70 jir ee ka diiwaan gashan dhakhtarada xaafadaha, waxa loo soo dirayaa martiqaad ay ku tegayaan baadhitaan sadexdii sanaba hal waqti.



Sir John Cass pupils play the steel drums at the Hackney Round Chapel

বারার সঙ্গীত প্রতিভাদের পরিবেশনায় বিমোহিত হলেন দর্শকরা THAMES summer event a great success – see issue 1068

চলতি বছরে টাওয়ার হ্যামলেটস্ আর্টস এন্ড মিউজিক এডুকেশন সার্ভিস (টিএইচএএমইএস বা থেমস) চমৎকার কিছু গ্রীষ্মকালীন কর্মসূচি বাস্তবায়ন করেছে।

তাদের ফ্রি মিউজিক ইভেন্ট শুধু টাওয়ার হ্যামলেটসের দর্শকদেরই নয়, বলা যায় পুরো ইস্ট এন্ডের দর্শক শ্রোতাদের বিমোহিত করেছে। শর্ডিচ চার্চের ব্যবস্থপনায় অনুষ্ঠিত স্পিটালফিল্ডস্ প্রাটফর্ম সামার ইভেন্ট “সাইড বাই সাইড” এ রয়েল একাডেমি অব মিউজিক এর শিক্ষার্থীদের সাথে যৌথভাবে নিজদের সঙ্গীত প্রতিভা তুলে ধরে থেমস এর সঙ্গীত শিক্ষার্থীরা।

স্পিটালফিল্ডস্ সামার ফেস্টিভ্যালের অংশ হিসেবে আয়োজিত এই কনসার্টটি ছিলো সামার অব থেমস্ কনসার্টের অসাধারণ উদ্বোধন।

জুন মাসে স্টার্টফোর্ড সার্কাস এ অনুষ্ঠিত কনসার্টে উঠতি শিল্পীদের পরিবেশনা ‘ওমপাহ মিউজিশিয়ানস্’ দর্শক শ্রোতা বিমোহিত করে।

কিশোর তরুণ বয়সী মিউজিশিয়ানরা ওমপাহ ব্যান্ড ওয়ার্কশপে অংশ নেন, যেখানে তারা ডিপ ব্র্যাস ইন্সট্রুমেন্টের ছন্দিক শব্দ সম্পর্কে অবগত হয়।

একই দিন থেমস এবং লন্ডন সিফ্রনি অর্কেস্ট্রা (এলএসও) যৌথভাবে সঙ্গীত প্রতিভাদের মনোমুগ্ধকর পরিবেশনা উপস্থাপন করে।

অর্কেস্ট্রার ভক্তদের জন্য দ্যা টেক-এ বো কনসার্ট ছিলো অভূতপূর্ব আয়োজন এবং দর্শকদের জন্য ছিলো অসাধারণ এক অভিজ্ঞতা। গ্লোভ, ওসমানী, হ্যাগ এবং সেনট সেভিয়রস্ প্রাইমারী স্কুলের ক্ষুদে শিক্ষার্থীরা এই কনসার্টে পারফর্ম করে।

২৬ জুন অনুষ্ঠিত হয় পরবর্তী কনসার্ট বারীটস্। সপ্তম বছরের মতে হ্যাকনি রাউন্ড চ্যাপলে অনুষ্ঠিত হয় সঙ্গীতের এই মহা আয়োজন। উদীয়মান মিউজিশিয়ানরা তাদের সঙ্গীত প্রতিভা তুলে ধরে এই অনুষ্ঠানে।

টাওয়ার হ্যামলেটস্, হ্যাকনি এবং বার্কিং এন্ড

ডেগেনহাম এর শিক্ষার্থীরা ড্রামের ছন্দে মাতিয়ে তুলেন দর্শক শ্রোতাদের। তারা বিভিন্ন যন্ত্র সঙ্গীতের সুর মুর্ছনা মোহিত করেন সকলকে।

এই মহা আয়োজনে প্রায় ৩ শতাধিক শিক্ষার্থী অংশ নেয়। এই বছরে এক সাথে পারফর্মিং করা শিক্ষার্থীদের সংখ্যা অন্যান্য সকল বারের তুলনায় অনেক বৃদ্ধি পেয়েছে।

জুলাই মাসে থেমস্ এর ব্যবস্থপনায় জুলাই মাসে আরো দুটি কনসার্ট অনুষ্ঠিত হয়।

১ জুলাই ইয়র্ক হলে অনুষ্ঠিত হয় সঙ্গীতের এই বার্ষিক উৎসব। এতে টাওয়ার হ্যামলেটস্ ইয়ুথ অর্কেস্ট্রা এবং থেমস্ এর এওয়ার্ড বিজয়ী অর্কেস্ট্রা দল যৌথভাবে সুরের মুর্ছনায় দর্শক-শ্রোতাদের বিমুগ্ধ করেন।

শিক্ষার্থীদের প্রশিক্ষণ দেন অতিথি কন্ডাক্টর ফিলিপ স্কট। গত ১১ জুলাই শনিবার মিউজিক সেন্টার তাদের সামার কনসার্ট উপস্থাপন করেন। এতে ১৫০ জন তরুণ মিউজিশিয়ান অংশ নেন।

Ma iska diiwaan gelisay dhakhtarka guud?

COUNCILKA, wakiilada bukaan eegida ee adeega caafimaadka qaranka Tower Hamlets, dhakhaatiirta aduunka iyo adeega caafimaadka qaranka ee England, dhamaantood waxay dadka ku dhiiri gelinayaan inay iska diiwaan geliyaan dhakhtarada xaafadaha si ay u helaan adeeg daryeel caafi-maad oo aan lacag ahayn.

Hadda ma jirto wax aqoonsi ama cadayn cinwaanka aad ku nooshahay ah oo dhaktarka guud ee xaafadu ku weydiinayaa, inkastoo ay jiri karto sabab dhakhtarka guud cadayn

Register for free healthcare – issue 1068

gaar ah kuu weydiiyaa.

Duqa degmada John Biggs ayaa wuxu yidhi: “Daryeel caafi-maad oo tayo lihi wuxu isbedel dhab ku samayn karaa horumarka ilmaha, illaa dadka waaweyn, iyo dhamaan tayada nolosheena.”

Jane Milligan, oo ah hogaaamiyaha sarkaalka Tower Hamlets ee wakiilada bukaan eegida, ayaa waxa ay tidhi. “Dhakhtarka guud oo layska diiwaan geliyaa, waxay u suurta gelinaysaa in dhakhaatiirta iyo

kalkaaliyooyinku ay ogaadaan qofka aad tahay, taariikhda daaweyntaada, iyo daaweynta aad u baahan tahay. Waxay ku xusuusinayaan hadaad u baahan tahay baadhitaan caafi-maad oo joogto ah, waxaana u fududaanaysa inay kuu gudbiyaan adeegyada kale ee caafi-maadka markaad u baahato.”

Booqo www.nhs.uk ku qor postcode aad degan tahay, waxa kuusoo baxaya dhamaan dhakhtarada guud ee xaafadaada.

Taageerada dhibanaha gudniinka fircooniga

KHUBARADA qaabilsan galmada la xidhiidha caafimaadka iyo sii fiicnaanshaha ayaa waxay kulan bilow ah kaga doodeen sida ugu fiican ee loo taageeri karo gabdhaha uu soo maray dhaawaca gudniinka fircooniga ahi.

Xaflada oo qabsoontay 9kii Julaayo, waxa kasoo qayb galay 80 xubnood oo ku

FGM victim support – see issue 1068

takhasusay qaybaha kala duwan ee caafimaadka, kana socday Adeega Caafimaadka Qaranka iyo hayada xuquuqda dadka u dooda si ay arintan uga hadlaan.

Waxa laga hadlay dhibka gudniinka fircooniga ah marka gabadhu yartahay, waxana laga dooday in la hubiyo in gabdhaha uu kusoo dhacay

dhibkan gudniinku ay helaan talo iyo daryeel caafimaad.

Shirku wuxu isku mid ah usoo dhaweeey cajilad video cusub ah oo ay maamulaan qaybta caafimaadku oo si qoto dheer warbixin u siinaya khabirada caafimaadka, inay fahmaa gabdhaha ay la shaqeynayaan ee gudniinka fircooniga ahi saameeyey.

Asian women over 70 urged to be aware of breast cancer

সত্তরোর্ধ এশিয়ান মহিলাদেরকে নন-লাম্প বা অ-পিভ স্তন ক্যান্সার লক্ষণ সম্পর্কে আরো সচেতন হওয়ার জন্য আহ্বান জানিয়েছেন দুই জন বিশিষ্ট এশীয় নারী ব্যক্তিত্ব শিল্লোদোজা পিংকি লিলানি এবং সাংবাদিক ইয়াসমিন আলিভাই-ব্রাউন।

প্রতি বছর ৭০ কিংবা তারও বেশি বয়সী মহিলাদের প্রতি তিন জনের মধ্যে একজনকে ব্রেস্ট বা স্তন ক্যান্সারের চিকিৎসা নিতে হয়।

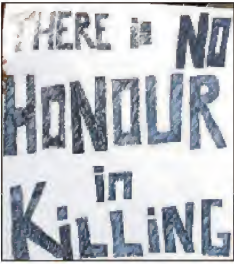
এশিয়ান উইম্যান অব এডিভমেন্ট এওয়ার্ড এর প্রতিষ্ঠাতা পিংকী লিলানি এবং প্রখ্যাত জার্নালিস্ট ইয়াসমিন আলীভাই-ব্রাউন পাবলিক হেলথ ইন্সটিটিউটের ‘ব্রি ক্রিয়ার অন্ ক্যান্সার’ শীর্ষক ব্রেস্ট ক্যান্সার ক্যাম্পেইনকে সর্বাঙ্গিক সহযোগিতা

করছেন। এই প্রচারাভিযানের মূল লক্ষ্য হচ্ছে ৭০ বা ততোর্ধ বয়সী মহিলাদেরকে স্তন ক্যান্সার সম্পর্কে সচেতন করে তোলা। ক্যান্সার ইকোয়ালিটিজ এর সংখ্যালঘু সম্প্রদায়ের জন্য ক্যান্সার সচেতনতা মাস এর অংশ হিসেবে এই প্রচারাভিযান চালানো হচ্ছে। প্রতি বছর প্রায় ১৩ হাজার ৪০০ জন সত্তরোর্ধ মহিলা ক্যান্সার রোগের জন্য চিকিৎসা নিয়ে থাকেন।

এন্টারপ্রেনিওর পিংকি লিলানি বলেন, ব্রেস্ট বা স্তন ক্যান্সার নিয়ে আলোচনা করার ক্ষেত্রে বয়স্ক এশিয়ান মহিলাদের মধ্যে সংস্কৃতিগত অনীহা ও লজ্জা পাওয়ার বিষয়টা মুখ্য বাধা। তবে আসল সত্য হচ্ছে একজন এশিয় মহিলা হিসেবে আমরা চাই ব্রেস্ট ক্যান্সারের লক্ষণ ও

ঝুঁকি নিয়ে খোলাখুলি আলোচনা করতে। এ ব্যাপারে আমাদের সচেতনতা যত বাড়বে মৃত্যু ঝুঁকিও তত হ্রাস পাবে।

তিনি বলেন, স্তনে মাংস পিভ বা ডেলা থাকাটাই ব্রেস্ট ক্যান্সারের একমাত্র লক্ষণ নয় – এটা জানাটা খুবই জরুরী। স্বনের আকার ও গঠন পরিবর্তন হওয়া, চামড়া অথবা নিপল এ কোন পরিবর্তন ইত্যাদিও ব্রেস্ট ক্যান্সারের লক্ষণ হতে পারে। তাই সত্তরোর্ধ সকল এশিয়ান মহিলাকে তাদের স্তন সম্পর্কে অধিকতর খেয়াল রাখার জন্য আমি আহ্বান জানাচ্ছি। যদি কোন পরিবর্তন কিংবা অস্বাভাবিক কিছু নজরে পড়ে, তাহলে সাথে সাথে আপনার ডাক্তারের সাথে যোগাযোগ করুন।



‘অনার কিলিং’ সম্পর্কে সচেতনতা বাড়াতে স্মরণ দিবস পালিত

নানা আনুষ্ঠানিকতার মধ্য দিয়ে বারায় প্রথমবারের মতো পালিত হলো ‘অনার কিলিং’ বা পারিবারিক সন্মানের অজুহাতে খুনের মতো ঘটনার শিকার যারা হয়েছেন, তাদের স্মরণে বিশেষ স্মরণ দিবস। ‘অনার কিলিং’ এর নির্মম শিকার ১৭ বছরের শেফালিয়া আহমেদের জন্মদিনকে এই মেমোরিয়াল ডে হিসেবে পালন করা হয়। বিস্তারিত নীচে-

MEMORIAL DAY FOR VICTIMS OF ‘HONOUR’ KILLINGS

Harmony

বেনিফিট কর্তনের সরকারি সিদ্ধান্তের মারাত্মক প্রভাব পড়বে বারার দরিদ্র জনগোষ্ঠির ওপর

Mayor of Tower Hamlets’ response to the government’s budget

গত সপ্তাহে গ্রীষ্মকালীন বাজেট ২০১৫ উপস্থাপনকালে চ্যান্সেলর জর্জ ওসবোর্ন বলেছেন, আগামী ৫ বছরে নিম্ন আয়, উচ্চ কর, ব্যয়বহুল কল্যানমূলক অর্থনীতি থেকে বের হয়ে উচ্চ আয়, কম কর ও সামগ্রী কল্যান রাষ্ট্র বিনির্মাণে আমাদের চলমান প্রচেষ্টাকে সামনের দিকে অগ্রসরমান রাখতে এই বাজেটে পরিকল্পনা নির্ধারণ করা হয়েছে।

তিনি বলেছেন, ‘এক জাতি সরকারের’ এটা হচ্ছে এক জাতি বাজেট যাতে গোটা যুক্তরাজ্যের জন্য সুফল নিশ্চিত করতে প্রয়োজনীয় এবং বিচারবুদ্ধিপূর্ণ পদক্ষেপসমূহ গ্রহণ করা হয়েছে। এদিকে, সরকারের এই বাজেট টাওয়ার হ্যামলেটসের বাসিন্দাদের ওপর যে প্রভাব ফেলবে, তা নিয়ে গভীর উদ্বেগ প্রকাশ করেছেন নির্বাহী মেয়র জন বিগস্।

প্রস্তাবিত বাজেট সম্পর্কে নিজের প্রতিক্রিয়ায় এই উদ্বেগ প্রকাশ করে মেয়র বিগস বলেন, কিছু কিছু বেনিফিটে স্থিতিবাস্থ্যর পাশাপাশি কিছু

সরকারের নতুন বাজেট প্রতিক্রিয়ায় নির্বাহী মেয়র জন বিগস্

ক্ষেত্রে বেনিফিট কর্তন - এই দুইয়ের মিলিত প্রভাব আমাদের অধিকাংশ দরিদ্র ও অসহায় বাসিন্দাদের ওপর মারাত্মকভাবে পড়বে।

মেয়র বলেন, চাইল্ড ট্যাক্স ক্রেডিট সীমিতকরণ এবং দুই সন্তানের জন্য ইউনিভার্সেল ক্রেডিট (ইউসি) এর সরকারী সিদ্ধান্তের কারণে টাওয়ার হ্যামলেটসে বসবাসকারী নিম্ন আয়ের বড় পরিবারগুলো এবং যারা কাজ করছে তারাও অর্থনৈতিক সংকটে পড়বে। সীমিত আয়ের পরিবারগুলো যারা বর্তমানে চরম টানাপোড়েনের মধ্যে রয়েছেন, নতুন উদ্যোগ তাদের জীবন যাত্রাকে আরো সংকটাপন্ন করে তুলবে এবং স্থানীয়ভাবে কর্মসংস্থানে আমরা যে প্রচেষ্টা চালিয়ে যাচ্ছি, তার ভিত্তিকে দুর্বল করে দেবে।

সর্বনিম্ন বেতন হার বৃদ্ধির সিদ্ধান্তকে স্বাগত জানিয়ে মেয়র জন বিগস বলেন, তবে এটা লন্ডন লিভিং ওয়েজ থেকে এখনও কম, যা লিভিং

ওয়েজ এক্রেডিটেড বারা হিসেবে টাওয়ার হ্যামলেটস অঙ্গিকারাবদ্ধ। ন্যূনতম মজুরির হার শুধুমাত্র ২৫ উর্ধ্ব বয়সী কর্মীদের ক্ষেত্রে প্রযোজ্য হবে বলে সরকারের সিদ্ধান্তে আমি উদ্বেগ এবং আমাদের মোট জনসংখ্যার অধিকাংশ তরুণ জনগোষ্ঠির জন্য এটা বৈষম্যমূলক, যাদের সবচেয়ে বেশি দরকার লন্ডনের জীবন যাত্রা নির্বাহে প্রয়োজনীয় আয়।

বিগস বলেন, বারার তরুণ প্রজন্মের জন্য যে উন্নত মান সম্মত শিক্ষা সুবিধা প্রদান করছি, তা নিয়ে আমরা গর্বিত, তবে স্টুডেন্ট ম্যানটেনেন্স গ্র্যান্ট বাতিল করায় তরুণ জনগোষ্ঠির জন্য প্রত্যাশিত কেরিয়ার গড়ে তোলা অনেক কঠিন হবে, বিশেষ করে যারা সীমিত আয়ের পরিবার থেকে এসেছে এবং উচ্চ শিক্ষা গ্রহণে আর্থিক সহায়তা প্রদান করা যাদের পরিবারের পক্ষে সম্ভব নয়।

মেয়র বলেন, সরকারের আর্থিক কর্তনের ফলে বারার জনস্বাস্থ্য খাতে তহবিল হ্রাস পেয়েছে। উন্নত জীবনের ভিত্তি সুসংহত করা এবং জীবন মান উন্নত করতে ভালো জনস্বাস্থ্য নিশ্চিত করা অপরিহার্য। স্বাস্থ্য সেবা খাতে সরকারের আর্থিক কর্তন নিত্য অদূরদর্শী সিদ্ধান্ত। তিনি বলেন, টাওয়ার হ্যামলেটসে আমাদের কমিউনিটিগুলোর জন্য সহায়তামূলক সার্ভিস অব্যাহত রাখার ব্যাপারে আমরা অঙ্গিকারাবদ্ধ। জাতীয় অর্থনীতিতে অটলভাবে যে প্রবৃদ্ধি ঘটছে, তার প্রেক্ষিতে আমি এই জন্য খুবই হতাশ হয়েছি যে, সরকারের নতুন বাজেট টাওয়ার হ্যামলেটসের বাসিন্দাদের জন্য সত্যিকারের হুমকি হবে, কারণ বারার অধিকাংশ বাসিন্দাই দারিদ্র্যতা, বেকারত্ব, উচ্চ বাড়ি ভাড়া এবং স্বাস্থ্য সেবা ক্ষেত্রে লক্ষ্যনীয় বৈষম্যের শিকার হচ্ছেন প্রতিনিয়ত।

ঐকতান

Send your Bengali and Somali news to Harmony, East End Life, Town Hall, 5 Clove Crescent, Poplar E14 2BG.

7364 4944

News in brief



মেয়র এর ঈদ শুভেচ্ছা

মুসলিম বিশ্বের সর্ববৃহৎ উৎসব ঈদুল ফেতর উপলক্ষে মেয়র অব টাওয়ার হ্যামলেটস্, জন বিগস্ বারার মুসলিম সম্প্রদায় সহ সর্বস্তরের বাসিন্দাদের ঈদ শুভেচ্ছা জানিয়েছেন।

এক শুভেচ্ছা বার্তায় মেয়র বলেন, ঈদ হচ্ছে সবাই ঐক্যবদ্ধ হওয়ার এবং উদযাপনের একটি অনন্য উৎসব। পবিত্র মাহে রামাদান সমাপনীর দিন হিসেবে ঈদ সবার মাঝে আনন্দের বার্তা বয়ে আনে। আমি আশা করি, এই উৎসবের ঐতিহ্য অনুযায়ী দেয়া ও বিনিময়ের মাধ্যমে আমাদের সবার জীবন সমৃদ্ধ হবে।

মেয়র বিগস্ আরো বলেন, এই বারায় পারস্পরিক সহাবস্থান এবং শান্তি ও ঐক্যের বন্ধনকে আরো শক্তিশালী করতে বারার যে অঙ্গিকার, তাকে আরো সুসংহত করতে এই

উৎসব ভূমিকা রাখবে বলে আমি আশাবাদি। তিনি বলেন, মেয়র হিসেবে আমি ধর্মীয় কমিউনিটিগুলোকে সহায়তা দিয়ে যাবো। কারণ, শক্তিশালী কমিউনিটি বিনির্মাণে গুরুত্বপূর্ণ অংশগুলোর একটি হচ্ছেন তারা।

অক্টোবরে বেঙ্গলি হিষ্ট্রি উইক

আগামী অক্টোবর মাসে ব্রিক লেন সার্কল এর উদ্যোগে অনুষ্ঠিত হবে বার্ষিক বেঙ্গলী হিষ্ট্রি উইক। বাংলার ইতিহাস সম্পর্কে অগ্রহ বাড়ানো এবং নতুন শ্রোতাদের সাথে ইতিহাসবেত্তা ও বিশেষজ্ঞদের পরিচয় করিয়ে দেয়া, পারস্পরিক যোগাযোগ গড়ে তোলা এই ইতিহাস সপ্তাহের লক্ষ্য।

অক্টোবর মাসে অনুষ্ঠিতব্য ইতিহাস সপ্তাহে অংশ নিতে গবেষণা শিক্ষার্থী, পন্ডিত, গবেষকদের প্রতি আহ্বান জানানো হয়েছে। বাংলার ইতিহাস সম্পর্কে যদি কারো গবেষণা, লিখিত কোন প্রবন্ধ থাকে এবং তা ইতিহাস জানতে আগ্রহীদের সাথে শেয়ার করতে চান, তাহলে ০৭৯১৪১১৯২৮২ নাম্বারে ফোন করে যোগাযোগ করতে অনুরোধ করা হয়েছে।

■ The above stories are: Mayor's Eid greetings – page 6; Bengali history week.

‘অনার কিলিং’ সম্পর্কে জনসচেতনতা বাড়াতে টাওয়ার হ্যামলেটসেও পালিত হলো বিশেষ মেমোরিয়াল ডে

Memorial Day for victims of ‘honour’ killings – 1068

বিভিন্ন আনুষ্ঠানিকতার মধ্য দিয়ে টাওয়ার হ্যামলেটস্ বারায় প্রথমবারের মতো পালিত হলো ‘অনার কিলিং’ বা তথাকথিত পারিবারিক সন্মানের অজুহাতে খুনের মতো ঘটনার শিকার যারা হয়েছেন, তাদের স্মরণে বিশেষ স্মরণ দিবস।

‘অনার’ বা পারিবারিক মর্যাদা/সন্মানের নামে সহিংসতা এবং জোরপূর্বক বিয়ে দেয়ার ব্যাপারে জনসচেতনতা সৃষ্টির লক্ষ্যে পারিবারিক সহিংসতা ও ঘৃণাজনিত অপরাধ প্রতিরোধে কাউন্সিলের বিশেষায়িত টিম বারার বিভিন্ন আইডিয়া স্টোরের বাইরে বিভিন্ন প্রতীকি ইনস্টলেশন তুলে ধরে।

‘অনার কিলিং’ এর নির্মম শিকার ১৭ বছরের শেফালিয়া আহমেদের জন্মদিনকে এই মেমোরিয়াল ডে বা স্মরণ দিবস হিসেবে পালন করা হয়। ২০০৩ সালে শেফালিয়া নিজের বাবা ভাইদের হাতে নির্মমভাবে প্রাণ হারান।

জোরপূর্বক বিয়ে দেয়ার চেষ্টা সহ কথিত পারিবারিক বা ধর্মীয় কারণে নানা ধরনের সহিংসতার শিকার শেফালিয়াকে এক পর্যায়ে তারই ভাইবোনদের সামনে অভিভাবকরা শ্বাসরোধ করে হত্যা করে।

প্রাস্টিক ব্যাগ দিয়ে শ্বাসরোধ করার ঘটনার ভয়াবহতা তুলে ধরতে মেমোরিয়াল ডে’র আনুষ্ঠানিকতার অংশ হিসেবে একদল লোক প্রাস্টিক ব্যাগ দিয়ে নিজেদের বাঁধেন। এই ইন্সটলেশনের মাধ্যমে ডমেষ্টিক ভায়োলেন্স টিমের লক্ষ্য হচ্ছে জনসাধারণের মনোযোগ আকর্ষণ করা এবং ভয়াবহ এই অপরাধ সম্পর্কে সচেতনতা সৃষ্টি করা।

প্রত্যেকটি ভেন্যুতে ছিলো নানা ধরনের তথ্যাদির স্টল এবং অভিজ্ঞপ্রতিনিধিরা, যারা কোন

পরিস্থিতিতে কোথায় কোন ধরনের সহযোগিতা পাওয়া যাবে, তা অবহিত করেন।

উল্লেখ্য, গত বছরে টাওয়ার হ্যামলেটসে ১৭টি ফোর্সড ম্যারেজ বা জোরপূর্বক বিয়ে অথবা তথাকথিত ‘অনার’ ভিত্তিক সহিংসতার ঘটনা কাউন্সিলের সর্বোচ্চ ঝুঁকিপূর্ণ প্যানেলে পাঠানো হয়। যথাসময়ে রিপোর্ট না হওয়ার কারণে এ ধরনের ঘটনার প্রকৃত সংখ্যা সম্পর্কে ধারণা পাওয়া কঠিন।

মেয়র অব টাওয়ার হ্যামলেটস্, জন বিগস্ এ প্রসঙ্গে বলেন, বারায় যারা জোর পূর্বক বিয়ে



Shafiea Ahmed was killed in 2003

কিংবা ‘অনার’ ভিত্তিক সহিংসতার শিকার হচ্ছেন, তাদেরকে সব ধরনের সহযোগিতা দিতে কাউন্সিল কঠোর পরিশ্রম করে যাচ্ছে। এ ধরনের সহিংসতার শিকার যারা হয়েছেন, তাদের স্মরণে শাফিলিয়া আহমেদের নামে ডে অব মেমোরিয়াল এর আয়োজন করতে পেরে আমরা গর্বিত।

কেবিনেট মেম্বর ফর কমিউনিটি সেফটি এবং ভায়োলেন্স এগেইনস্ট উইম্যান এন্ড গার্লস্ (ভিএডরিউজি) চ্যাম্পিয়ন, কাউন্সিলর শিরিয়া খাতুন বলেন, দরোজার ওপাশে কী ভয়ংকর ঘটনা ঘটছে, সেসম্পর্কে টাওয়ার হ্যামলেটসের বাসিন্দাদের সচেতন করে তুলতে এটি ছিলো অত্যন্ত গুরুত্বপূর্ণ একটি ইভেন্ট। তথাকথিত পারিবারিক সন্মানের নামে নির্যাতন/হত্যা এবং জোরপূর্বক বিয়ের ঘটনার ব্যাপারে সদা সতর্ক থাকার জন্য আমরা বারার বাসিন্দাদের প্রতি অনুরোধ জানাচ্ছি।

ভিএডরিউজি চ্যাম্পিয়ন হিসেবে কাউন্সিলর খাতুন পারিবারিক সহিংসতা ও নির্যাতন নিগূহের বিরুদ্ধে কাউন্সিলের চলমান লড়াইয়ে কাউন্সিলকে সাহায্য করছেন।

নারীর বিরুদ্ধে সকল ধরনের সহিংসতার বিরুদ্ধে প্রতিরোধ গড়ে তুলতে কাউন্সিল এ পর্যন্ত ১২০ জন প্রফেশনাল ভিএডরিউজি চ্যাম্পিয়ন নিয়োগ দিয়েছে এবং বর্তমানে কমিউনিটি চ্যাম্পিয়ন নিয়োগ দানের কার্যক্রম চলছে।

ভিএডরিউজি চ্যাম্পিয়ন হতে আগ্রহীরা বিস্তারিত তথ্যের জন্য ০২০ ৭৩৬৪ ৬৬৩৬ নাম্বারে ফোন করে ফিওনা ডোয়ার (ভিএডরিউজি স্ট্র্যাটেজি ম্যানেজার) এর সাথে যোগাযোগ করতে অনুরোধ করা হয়েছে।

উল্লেখ্য, পরিবারের জন্য ‘লজ্জা’ বয়ে আনার অজুহাতে প্রতি বছর সারা বিশ্বে ৫ হাজারেরও বেশি মহিলাকে নির্মমভাবে প্রাণ দিতে হয়, যাদের মধ্যে কমপক্ষে ১২ জন হচ্ছেন ব্রিটিশ নাগরিক। তবে সত্যিকারের সংখ্যা অনেক বেশি হবে বলে ধারণা করা হচ্ছে।

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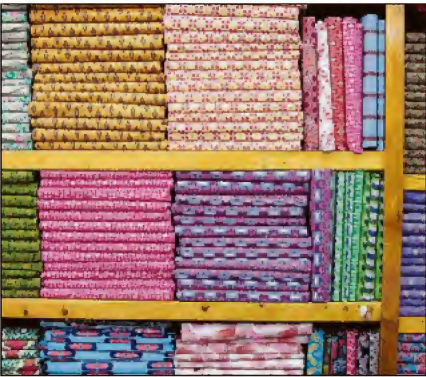
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Part of the Ariana Group

Graham Barker explores Aldgate East and Spitalfields, inspired by the centenary of Ben Uri



Walk of the Month: East End of Ben Uri

In July 1915, a group of émigré Jewish artists met in Aldgate East to establish the Ben Uri art society.

From that modest beginning, Ben Uri has evolved into an internationally acclaimed collection with more than 1,300 artworks.

Inspired by Ben Uri's centenary, a group of Tower Hamlets residents ventured out together – cameras in hand – intent on photographing the street life, architecture and cultural landmarks of Aldgate East today. This walk is based around a selection of their photos (see panel, right).



A brief hist

(1) Altab Ali Park

The park stands in the footprint of a 13th century church. St Mary Matfelon was built using white chalk rubble, creating a distinctive landmark that gave 'Whitechapel' its name. The church was destroyed beyond repair by a Blitz bomb, followed by a lighting strike. Re-landscaped, the church site is now a green corner on Whitechapel Road where locals can sit and chat.

(2) Commercial Road

The skyline of Aldgate East is undergoing a transformation. New apartment and

Left from top:
German Church on Alie Street; African textiles at Petticoat Lane; Edward Peck peers down at the Christ Church congregation
Above right: **Brune Street soup kitchen dates from 1902.**
Below: **Georgian houses flank the Spitalfields streets**

office blocks are springing up around Commercial Road, Goodman's Fields and Leman Street. In Victorian times, a railway goods depot operated here, offloading wine, wool and other goods to the surrounding warehouses.

(3) White Church Lane

The East End is the historic heartland of London's rag trade, and clothing wholesalers are still dotted here and there. A century ago things were rather busier; White Church Lane was home to hosiers, curtain manufacturers, tailors, furriers and woollen drapers. The

hum of sewing machines has faded, but old factory buildings survive.

(4) St George's German Lutheran Church

During the early 18th century, many Germans settled around Aldgate; some came to escape religious persecution, others were attracted by business opportunities in sugar baking. In 1762 the community in 'Little Germany' built its own church on Alie Street; inside there are box pews, George III's royal arms, and commandment boards in German.

(5) Toynbee Hall and Studios

Toynbee Hall was set up in 1884 by local curate Samuel Barnett and his wife, Henrietta, as a volunteer 'settlement' offering practical support for alleviating poverty. It has been a catalyst for social reform ever since. Next door, Toynbee Studios includes an art deco theatre and artworks clustered around the staircase.

(6) Petticoat Lane

Petticoat Lane is best known for value-for-money fashion, shoes and accessories. There has been a clothing market here since the 17th century; indeed, the market took its name from the 'petit' coats sold by local street traders. Alongside the stalls, African textile shops are packed floor-to-ceiling with lace, Swiss voile and dazzling waxed cottons.

(7) Sandys Row Synagogue

London's oldest Ashkenazi Synagogue was established in 1854 by a group of 50 Dutch

immigrant families known as the Society for Comfort of the Mourners, Kindness and Truth. Inside, the wooden pews and velvet scroll covers are dedicated to former congregation members, and the eternal light glows on high.

(8) Jewish Soup Kitchen

In his novel, *The Children of the Ghetto*, Israel Zangwill described a soup kitchen similar to the one in Brune Street: "The opening of the soup-kitchen was looked forward to as the dawn of a golden age... The vaguely remembered smell of the soup threw a poetic fragrance over the coming winter."

(9) Christ Church Spitalfields

Edward Peck was one of Parliament's commissioners appointed to oversee the building of the so-called Queen Anne churches. As his monument records, he "laid the first stone of this Stately Fabrick Anno 1715". Designed by baroque architect Nicholas Hawksmoor, Christ Church towers high above the rooftops, its white spire visible from afar.

(10) Ten Bells

Ghostly signwriting above the Ten Bells pub recalls Truman's Beers; for more than 300 years Truman's brewed on nearby Brick Lane. The pub's name recalls the historic rivalry between Christ Church Spitalfields and St Bride's on Fleet Street, each trying to out-ring one another by progressively adding more bells.

(11) Georgian Silk Weavers' Houses

From 1685, Huguenots began to settle in this



Uri art society. Photos by the **Postcards from Aldgate East project**.



Spicy flavours in Brick Lane's Banglatown

Eternal light at Sandys Row Synagogue

ory of time

area, arriving mainly from Nantes and Lyons after escaping religious persecution. Their silk-weaving skills transformed Spitalfields into a flourishing commercial centre. Many Fournier Street houses retain their weavers' attics, designed with windows that let in maximum daylight to illuminate intricate work.

(12) Almshouses, Puma Court

An inscription stone dated 1860 records that the Puma Court almshouses were built "for the inhabitants of the Liberty of Norton Folgate, in place of those built in 1728, lately taken down for the new street." Two-storey cottages nestle around a small courtyard, tucked away off Commercial Street.

(13) Princelet Street

At first sight No 4 Princelet Street may look abandoned, but this former merchant's house built in 1723-4 has been sensitively restored inside and is now hired out for filming and private events. Opposite, at No 19, the Museum of Immigration shares the stories of settlers, including French Huguenots, Irish, Eastern European Jews and most recently the Bangladeshi community.

(14) Reflections on Street Art

Street artists are busy in the side turnings off Brick Lane. Their vibrant paintings – witty, irreverent and often very accomplished – create an ever-changing open-air gallery. Each artist has their trademark style: look out for Roa's giant black and white creatures, Malarky's toothy foxes, and Jimmy C's drip paintings.

(15) Brick Lane Mosque

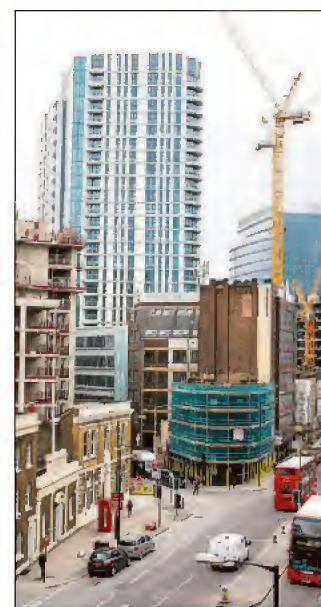
The building on the corner of Fournier Street encapsulates the flux of Spitalfields' residents over the last three centuries. Built in 1743 as a French Huguenot chapel, it later served as a Methodist chapel and a synagogue, before being converted in 1976 into the Jamme Masjid or Great Mosque. The sundial inscription states 'Umbra Sumus' or 'We are shadows'.



Street artists get creative in the side streets



Ten Bells pub on the corner of Fournier Street



New tower blocks rise above the old Proof House

(16) Banglatown

Day or night, Brick Lane buzzes. It's a feast for the senses. Spicy fragrances waft from

the balti houses, tempting in passers-by with Bangladeshi specialities. Welcome to Banglatown.



Postcards from Aldgate East at Oxford House

MORE than 100 photos from the Postcards from Aldgate East project are on display until August 7 at Oxford House, Derbyshire Street, Bethnal Green. There's also a set of 24 take-away postcards, and a short film tracing a walk around Aldgate East: youtu.be/TSMUSwLni4s. Photographers: Farideh Amirinia, Barbara

Beasley, Alan Drew, Mike Elston, Christine Hall, Mahmuda Khanam, Peter Lanes, Anca Lungu, Muhammad, Turan Miah, Stavarha Wilson, Bill Wright. Project co-ordinators: Graham Barker and Natalie Clarke. Pictured above, from left: Brick Lane Mosque, by Christine Hall; Mahmuda photographing in



Sandys Row Synagogue, by Peter Lanes; Almshouses in Puma Court, by Anca Lungu.

■ Out of Chaos, Ben Uri: 100 Years in London runs until December 13. Inigo Rooms, Somerset House, Strand. www.benuri.org.uk

Showcasing talent

The New English Ballet Theatre work with talented young people from a variety of disciplines.

WWW.NEBT.CO.UK



Art that brings communities together

Rich Mix in Bethnal Green, an independent arts venue, is a place where all of the communities of the world come together to make and experience art and feel like they belong.

WWW.RICHMIX.ORG.UK

Out & about guide

What's on where this week

Kids

Ballet for children

Every Thurs. Ages 2 1/2-3 1/2 years, 2-2.30pm; 4-6 years, 4.45-5.15pm. Alpha Grove Community Centre, Isle of Dogs, E14. nina.monteiro@hotmail.com

Deaf after school club

For ages 5-12. Mon-Fri, 4-6pm. Tower Project, 45-55 White Horse Rd, E1. naima@towerproject.org.uk

Kids' Creative Dance Classes

Mini-movers, 2-3yrs; leaps and strides I, 4-5yrs; leaps and strides II, 5-6yrs; dash, 7-11yrs. Sat mornings. £44-49.50 per term or £4.50/£5 per term, plus concs. Chisenhale Dance Space, 64-84 Chisenhale Road, E3 8981 6617

Pollyanna Training Theatre

Drama and musical theatre for ages 4-16 in Wapping, E1. 7481 1911

Young & talented?

Performing arts group for 6- to 16-year-olds. Sats, 10.30am-1.30pm, term-time. Oxford House, Derbyshire Street, E2. 8556 5348

Toyhouse library

Mons, 1.30-3.30pm, Halley Primary School, Halley Street, E14. Tues, 2-3.30pm, Cayley School, Aston Street, E14. Weds, 9.20-10.45am, Harry Roberts Nursery, Harford Street, E1. 1-2pm, TH Opportunity Playgroup, 583 Commercial Road, E1. 9-11am, Old Church Nursery, Walter Terrace, E1. 9-11am, Alice Model Nursery School, 14 Beaumont Grove, E1.



Déjeuner Au Ballet: New English Ballet Theatre

Canada Square Park springs into action with arabesques, demi pointes, jeté and pirouettes. For the first time, ballet will be performed on the summer stage at Canary Wharf. A lunchtime treat with a performance by the New English Ballet Theatre as they showcase extracts from their previous shows plus a new pas de deux. Wed, July 22. 12.30pm-2pm. Free. Canada Square Park, Canary Wharf.

www.canarywharf.com

Events

The Sensory Score

BitterSuite and Tanya Auclair collaborate to create a fully sensory concert with original music. Fri, Jul 31. 7.30pm, 8.15pm, 9pm and 9.45pm. £7, £5 concs. RichMix, 35-47 Bethnal Green Road, E1. www.richmix.org.uk

Contemporary Art Boot Camp 2015

Work with five artists in five days and experiment with a range of artistic techniques. Mon, Aug 17 to Fri, Aug 21. 10am-4pm. Free. Ages 15-21 only. Booking essential. Whitechapel Gallery, 77-82 Whitechapel High Street, E1. www.whitechapelgallery.org

Exhibitions

Nicholas Mangan: Ancient Lights

Films by Australian artist about the role of the sun within human society. Until Sun, Aug 23. Wed-Sun, 12noon-6pm. Free. Chisenhale Gallery, 64 Chisenhale Rd, E3. www.chisenhale.org.uk

Performed Painting

Four artists engage with painting through performance, film and video. Until Sat, Sept 12. Wed-Sun, 12noon-6pm. The Ryder, 19a Herald St, Bethnal Green, E2. www.theryderprojects.com

Ariel Narunsky: Judgement

Narunsky proposes to transform the London 2012 Olympic stadium into the largest public artwork with his first London solo show. Until Fri, Aug 7. Wed-Sat 12noon-6pm. Arebyte Gallery, Unit 4,

49 White Post Lane, E9. www.arebyte.com

Thomas Eggerer: Ozone

New York-based German artist portrays anonymous figures in various activities often involving cans of beer and cigarettes. Until Sun, Aug 23. Wed-Sun 11am-6pm. Maureen Paley, 21 Herald St, Bethnal Green, E2. www.maureenpaley.com

Correspondances – Pierrick Mouton & Sister Germaine

French east London-based artist Pierrick Mouton has turned a five year dialogue with a protestant, French-Cameroonian nun living in a convent in France into an installation. Until Sept 27. Tues-Sun, 10am-5pm. Free. Nunnery Gallery, 183 Bow Road, E3. www.bowarts.org

Music

Country Collective with Ward Thomas

Special one-off outdoor concert with UK country music duo Ward Thomas. Thurs, July 23. 7pm. Free. Canada Square Park, Canary Wharf. www.canarywharf.com

Things to do

Roman Summer Holiday

Find out all about amphitheatres, gladiator games and battles with Boudicca at free workshops, craft activities and storytelling sessions. Wed, Jul 29- Thu, Aug 6. Free. Museum of London, 150 London Wall, EC2Y. www.museumoflondon.org.uk

POSITIVE ACTIVITIES FOR YOUNG PEOPLE Summer 2015

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Local talents

Bloom community festivals will feature budding local artists.

Out & About

The hunt is on for festival performers

BLOOM – a festival for local performers – will take place in the covered garden at the top of the Canary Wharf Crossrail station.

The Late Bloom Festival will be taking place on August 22 and 23.

The hunt is on for Tower Hamlets based music, dance, spoken word and theatre performers to fill the bill. Performances can be any length. Rehearsal time in the venue will be available and support will be provided by festival staff.

There will be rehearsal slots available in the fortnight leading up to the festival, which will give co-ordinators a chance to give feedback and support.

There will be rehearsal sessions on August 15 and 16, which will be an opportunity to meet and connect with other performers taking part.

All tickets will be free.

For more information, or to register your interest in taking part, email info@space.org.uk or call 7515 7799.

Bringing the river to life

TOTALLY Thames 2015 will bring the river to life throughout September with arts, cultural and events afloat.

This year's festival will celebrate the Thames and the many different ways London's residents and visitors can connect with the river.

As well as theatre performances, kids' choirs and a contemporary opera, The Light house, accessed by boat at Trinity Buoy Wharf, the programme includes live art along the entire 42-mile stretch through the capital.

There will also be a premiere Bascule Chamber Concert inside Tower Bridge, which will be transformed into a giant musical instrument based on sound recordings taken inside the chambers.

Visit www.totallythames.org



(Above) 'Out of Time' and (below) a picture by Sean Pines taken outside Shoreditch High Street station

Exhibition to celebrate London's colourful life

BY MELANIE YEA

A PHOTOGRAPHY exhibition celebrating all things London has opened its doors to visitors in Bethnal Green.

Work by 20 international photographers celebrates London's diversity at Gallery320 and includes architectural, landscape, social documentary, portrait and event photography by established and emerging photographers.

The exhibition, entitled London, is the result of a selection process from an open call for entries.

"We were looking for images that reflect



and celebrate the capital, capturing London's diversity of people, culture and architecture. London is a city of contrasts and contradictions, coupled with its diversity, it makes it one of the most exciting cities in the world said photographer and gallery director Sean Pines.

"All the images have been taken during the last three years to give us a snapshot of how London is today."

With images that capture London in all its colourful diversity, its subjects range from glassblowers to well known locations, festivals and street scenes.

Contributors have come from far and wide including Italy, Germany, Poland and the USA giving an insight into how London is perceived not just by its residents but also by its visitors.

All works in the exhibition are for sale. London runs until Friday, July 31 and is open Monday to Saturday 10am to 5pm.

For details visit www.studio320.co.uk

Dig up London's past and get hands-on with history

IF YOU and your family are looking for archaeological adventures then The Big Dig at the Museum of London Docklands is a must.

A specially designed hands-on experience, children will be kitted out with

a trowel and hard hat and have the chance to search for artefacts in their very own trench, just like a real archaeologist and help put together evidence of the world of early Londoners.

The event, which is part of this year's

Festival of British Archaeology, runs from Saturday, July 25 to Thursday, August 6.

The event is free but tickets will be allocated on a first come, first served basis, 90 minutes before each session.

Visit www.museumoflondon.org.uk

News in brief

Explore wonderland

THEATRE workshops leading up to a show for young people, exploring wonderland, will take place throughout August at Crossrail Place, Canary Wharf.

The Space's youth theatre is opening its doors to creative young people. Over two weeks, participants will create an immersive production of CS Lewis's Alice in Wonderland, celebrating 150 years of the classic story.

Workshops will take place at the Space in two age groups and will be full of drama, music, dance, creating props, designing costumes and stage make up.

The programme will culminate with a show, open to parents, friends and the community.

For more information or to register interest email info@space.org.uk or call 7515 7799.

■ TO mark the 150th anniversary of Britain's best-known children's books, Lewis Carroll's Alice's Adventures in Wonderland, the V&A Museum of Childhood's display – The Alice Look – brings together photographs, rare editions and illustrations.

The free exhibition is open daily from 10am to 5.45pm until Sunday, November 1.

Visit www.museumofchildhood.org.uk

Summer activities

ARCHIKIDS, London's family festival of architecture, returns on Saturday, July 25 and 26.

All events are free to attend and suitable for children aged 5-11 and their families.

From building domes on top of the Gherkin, to eye-spy on the top of the Walkie-Talkie there is a packed programme of activities.

Visit www.archikids.org.uk

Answers revealed

DO YOU want to discover why cheesy feet smell so terrible, or how your body tries to get rid of minute monsters?

A series of talks at Centre of the Cell in Whitechapel could give you the answers. Events run from Tuesday, July 28 and start at 2pm until Monday, August 10. Tickets cost £7.

Visit centreforthecell.org



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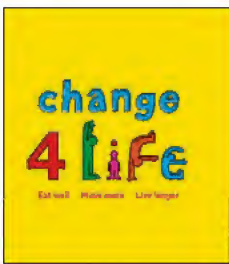
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Eating out, eating in

Seriously good coffee and cake at a fair price

BY GORDON BLUE

I'VE had my beady eye on developments in this compact and bijou coffee house for a few weeks now.

In the window, a sign says "Serious Italian coffee" so I thought I'd see if it were true.

You're immediately greeted by Federico, who is charm personified. We started with a flat white and latte and became immediate converts. They know their onions in this joint and the style, ingredients and, it turns, out the coffee are all seriously Italian.

The Silver Fox went for a sourdough baguette, generously filled with mozzarella, tomatoes and pesto. A perfect pick-me-up for the weekend.

I was offered a burrata on a bed of rocket, cherry tomatoes and olives. For those who haven't experienced the ambrosia that is burrata, it's a type of buffalo mozzarella that oozes cream and buttery curd when you cut into it. If that doesn't have you drooling, then I give up.

To polish things off, we had an amazing pain-au-chocolat twist (my description, not their's) made with puff pastry and solid bites of dark chocolate.

I was also introduced to pasticciotto salentino: a gorgeous little Madeleine-type sponge filled with stewed apples and cream. The perfect accompaniment to the dark and broody coffee.



Excellent fare, for coffee or lunch

The ambience is delightful, all industrial copper fittings and salvaged wood, packed in to a small space that makes it feel really communal. They even have a hatch to serve coffee to passers-by.

The best news is it's a fair price for such excellent fare. I've been getting a little bit shirty with the escalating prices of my morning latte of late, and when it creeps up over £2.50 I begin to take objection. How hard can latte art be for goodness sake?

So, here at Quarantacinque, the coffees

are all around the lower £2 mark, which feels fair dos to me.

I'm delighted to have this gem added to this end of Roman Road. Do look out for it when you're going to Bethnal Green tube (near the Buddhist Centre). I'd go for the coffee and Federico's smile alone. Seriously.

Two had a delicious bunt-up of a lunch, with fresh orange juices and coffees for a little over £20.

■ Quarantacinque is at 45 Roman Road, E2.

The season for a gorgeous courgette

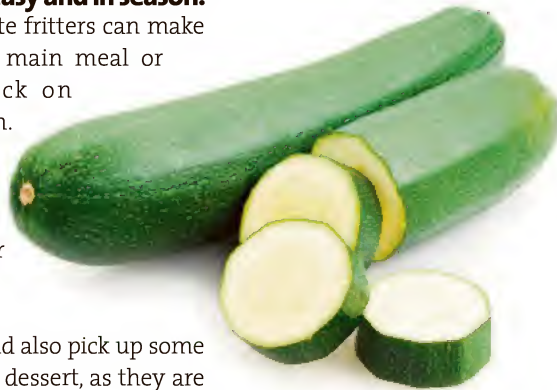
THE courgette season is upon us! It's always handy to have a quick, tasty snack up your sleeve and this recipe is easy and in season.

Courgette fritters can make part of a main meal or as a snack on their own. Why not buy the courgettes from your local market?

You could also pick up some berries for dessert, as they are

also in season right now and can be bought for a good price.

Go to #foodforhealth on Twitter for more information.



Courgette fritters – serves 4

Ingredients

- 12 courgettes
- 75g feta cheese
- 3 eggs
- 2-3 tbsp flour

- Pinch of salt, pepper and parsley
- Plain Greek yogurt to serve
- 1 tbsp olive oil for cooking

Method

1. Grate both the courgettes into a bowl.
2. Mash the cheese into the mixture using your fingers or a fork.
3. Crack the eggs into it and mix well.
4. Sift in the flour and continue mixing.

5. Add the pepper, salt and parsley and stir.
6. Once all the ingredients have been mixed well, heat the olive oil into a pan and scoop a tablespoon of the mixture into it and spread out evenly. Flip the fritters once golden.
7. Serve with a little yogurt.

By Dilan Dilmaz, student dietitian, Barts Health NHS Trust



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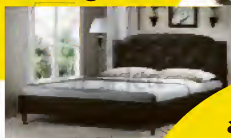
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Games

by Spotlight 11-19s Every Day

Girls Boxing

by Fight 4 Change 11-19s 4-5.30PM Every Tue

Pineapple Street Dance

by Pineapple Community 11-19s 12-1PM Mon 27-Fri 31 JUL

Graffiti Art

by Bow Arts 11-19s 1-3PM Mon 3-Wed 5 AUG

Breakfast Club

by Spotlight 11-19s 10-11.30AM Every Day

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by Spotlight 11-19s 6-8PM Every Wed

Boxing

by Milesfone 11-19s 4-5.30PM Every Wed & Fri

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#Food Fight

by Shake! 16-25s 10.30AM-6PM Mon 3-Fri 7 AUG

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by CM Sounds 11-19s 10AM-4PM Mon 27-Fri 31 JUL

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by Lyrix Organix 11-19s 12-2PM & 3-5PM Thu 20 AUG

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TOWER HAMLETS

Calling all parents!

School holidays are a time for family fun but all that extra time with your children over the long summer break can bring additional pressures for families

Are you worried about keeping your children entertained, active and safe or wonder what your teenager will be doing over the summer?

Would you like to get some top parenting tips to help you manage your children's behaviour and keep track of where your children are and who they are with?

Help is at hand!

Tower Hamlets Council's Parental Engagement Team is offering free drop-in advice sessions for parents during July and August

The sessions will take place from 10.30am-12.30pm

Monday 27 July at the Professional Development Centre, 229 Bethnal Green Road, E2 6AB

Tuesday 11 August at the Parent Advice Centre, 30 Greatorex Street, Whitechapel, E1 5NP

Tuesday 25 August at George Green's School, 100 Manchester Road, E14 3DW

Come along, meet other parents and get your guide to a happy, safe and stress free summer for you and your family

Limited childcare is available for under 5's – booking required

All parents attending will receive an information pack of free things to do and places to go

We hope to see you there!

To find out more about the drop-in sessions or to speak to a Parenting Advisor call:
Family Information Service 020 7364 6495
Email parenting@towerhamlets.gov.uk



TOWER HAMLETS



Fridge project is really cool

File in the Fridge is a free package produced by Tower Hamlets Homes that can alert emergency services to important medical information and contact details of next of kin.

SEE BELOW

Widely available

The Horticultural Trades Association's plant of the month highlights widely available seasonal plants.

SEE BELOW

Property

Potty idea that could help save your life

BY JESSICA ODUBAYO

A SOCIAL housing landlord has come up with a cool idea, which could save lives and give peace of mind to elderly and vulnerable people.

File in the Fridge is a free package produced by Tower Hamlets Homes (THH) to encourage people to keep their medical details on a form in a plastic pot and place the pot in the fridge.

The pot, with green and white emergency stickers which are recognised by the emergency services, includes a medical contact information form containing relevant information.

The initiative saves the emergency services time and also tells them if the person has special medication or allergies.

Residents who use the scheme put one of the stickers just inside their front door, so that it's clearly visible to any of



Resident Sybil Yates and Lisa Sykes, Tower Hamlets Homes officer

the emergency services and the other on the outside of the fridge.

The form means that they can alert the emergency services to important medical information and contact details of next of kin should an accident

or sudden illness occur in their home.

Tower Hamlets Homes has issued over 800 packs so far.

Sister Christine Frost, manager of community organisation Neighbours in Poplar, which is promoting the scheme, said:

"This is a fantastic idea and could save lives.

"How often do we hear of people who are found ill or dead in their homes and no one knows who their next of kin is?"

For further information call THH on 7364 5015.

Water-saving project taps into environmental success

A TOWER Hamlets housing association's water saving project has won an environmental honour.

Swan Housing of Poplar and Stepney, received a Green Apple Environment Award for

a project which identified where water savings could be made.

As part of a pilot, 69 homes were fitted with water saving devices such as tap inserts, water butts and water saving crystals for gardens.

Mary Gibbons, executive director, strategy and support at Swan, said: "We are delighted that this project has been recognised. Not only has it helped save essential resources, it has also helped our residents save

an average of £47.10 per year from their household bills. "We are now working to offer this service to other Swan residents making properties more efficient and cheaper for residents to run."

Triple whammy

Plant of the month from the Horticultural Trades Association

BRINGING colour, fragrance and wildlife to any garden, salvia delivers a triple whammy for gardeners looking for must have plants.

The Horticultural Trades Association's (HTA) July plant of the month is a member of the sage family.

Salvias are a diverse group of plants that include annuals, herbs and herbaceous and evergreen perennials.

As free flowering and sun-loving plants, they make a colourful display in borders during July onwards until the frost comes.

Offering fragrance and various shades of red, cream, purple and pink, salvia is also a good pollinator and attractive to bees and butterflies.

Grow salvia in full sun in soil that is well-drained and moderately fertile. Dead head any flowers and trim in late spring any shoots that spoil symmetry.

Salvia is a favourite of BBC Gardener's World presenter Pippa Greenwood who said: "I'm a great fan of the hardier salvias.

"Even before the buds open they are attractive plants with erect stems, often with aromatic foliage and forming a sort



Salvia Salvador Red

Photo by Syngenta

of clump of exclamation marks.

"Then when the flowers appear, usually in shades of violet, purple, pink or white and with stunning, showy bracts, they can bring any sunny border to life instantly.

"They are much loved, not only by gardeners but also by bees and butterflies".

Recommended varieties include Salvia Hot Lips, Salvia Seascape, Salvia Firecracker, Salvia Amistad and Salvia Black and Blue.

Those looking for companion plants to complement salvia in the garden are recommended to try Phormium Yellow Wave, Hebe Midsummer Beauty, Pittosporum Purpureum and Digitalis x mertonensis

The HTA's plant of the month campaign highlights the plants that are most widely available and look especially good each month.



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 <p>SHELTERED Accessible Category E EDITH RAMSAY HOUSE, DUCKETT STREET, E1 Flat • 1 Bed 2 Person • 1st floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Permit parking • Pets not permitted</p> <p>Eligibility : Min Client Age 60</p> <p>£149.47, Weekly - Social Rent Landlord: Gateway Housing Association</p> <p>Property Ref: 32969</p>	 <p>SHELTERED Accessible Category G JOHN SINCLAIR COURT, THRAWL STREET, E1 Flat • 1 Bed 1 Person • 1st floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted</p> <p>Eligibility : Min Client Age 60</p> <p>£254.72, Weekly - Social Rent Landlord: One Housing Group</p> <p>Property Ref: 32973</p>	 <p>SHELTERED Accessible Category G JOHN SINCLAIR COURT, THRAWL STREET, E1 Flat • 1 Bed 1 Person • 1st floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted</p> <p>Eligibility : Min Client Age 60</p> <p>£254.72, Weekly - Social Rent Landlord: One Housing Group</p> <p>Property Ref: 32974</p>	 <p>SHELTERED Accessible Category E JOHN TUCKER HOUSE, MELLISH STREET, E14 Flat • 1 Bed 2 Person • Ground Floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Shared garden • Permit parking • Pets not permitted</p> <p>Eligibility : Min Client Age 60</p> <p>£165.62, Weekly - Social Rent Landlord: Gateway Housing Association</p> <p>Property Ref: 32955</p>	 <p>OVER 50's Accessible Category F SUMMERCOURT ROAD, E1 Flat • 1 Bed 2 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets with landlords permission</p> <p>Eligibility : Min Client Age 50</p> <p>£161.84, Weekly - Social Rent Landlord: Swan Housing Association</p> <p>Property Ref: 32922</p>
 <p>OVER 50's Accessible Category E BRICK LANE, E2 Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Private garden • Permit parking • Pets permitted</p> <p>Eligibility : Min Client Age 50</p> <p>£114.98, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 32965</p>	 <p>BEDSIT SELF-CONTAINED FLAT Accessible Category F DISCOVERY HOUSE, NEWBY PLACE, E14 Flat • 0 Bed 1 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted</p> <p>£94.60, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 32949</p>	 <p>1 BEDROOM Accessible Category F CANAL CLOSE, E1 House • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Wet room (walk in shower)-no bath • GCH • Private garden • Permit parking • Pets permitted</p> <p>£122.35, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 32975</p>	 <p>1 BEDROOM Accessible Category F ARABIAN HOUSE, ERNEST STREET, E1 Flat • 1 Bed 2 Person • 3rd floor • Separate kitchen • One lift • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted</p> <p>£105.63, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 32947</p>	 <p>1 BEDROOM Accessible Category F BRICK LANE, E1 Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted</p> <p>£134.26, Weekly - Social Rent Landlord: Spitalfields HA</p> <p>Property Ref: 32972</p>
 <p>1 BEDROOM Accessible Category C MERCHANTS HOUSE, NEW VILLAGE AVENUE, E14 Flat • 1 Bed 2 Person • 2nd floor • New build • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets with landlords permission • One week's advance rent required at sign up of tenancy • Electric cooking</p> <p>£135.47, Weekly - Social Rent Landlord: Poplar HARCA</p> <p>Property Ref: 32940</p>	 <p>1 BEDROOM Accessible Category F NEWPORT AVENUE, E14 Flat • 1 Bed 2 Person • 1st floor • Open plan kitchen • No Lift • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 2-5 years.</p> <p>£120.42, Weekly - Social Rent Landlord: One Housing Group</p> <p>Property Ref: 32953</p>	 <p>1 BEDROOM Accessible Category F OLD MARKET SQUARE, BARONESS ROAD, E2 Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted</p> <p>£124.09, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 32924</p>	 <p>1 BEDROOM Accessible Category F SUMNER HOUSE, WATTS GROVE, E3 Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets with landlords permission • One week's advance rent required at sign up of tenancy</p> <p>£118.10, Weekly - Social Rent Landlord: Poplar HARCA</p> <p>Property Ref: 32952</p>	 <p>1 BEDROOM Accessible Category F HAMILTON HOUSE, BRITISH STREET, E3 Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Residents parking scheme • Pets with landlords permission</p> <p>Eligibility : Band 3</p> <p>£120.14, Weekly - Social Rent Landlord: EastendHomes</p> <p>Property Ref: 32954</p>
 <p>1 BEDROOM Accessible Category F GRAFTON HOUSE, WELLINGTON WAY, E3 Flat • 1 Bed 2 Person • 10th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • Electric storage heater • No garden • Residents parking scheme, Permit parking • Pets with landlords permission</p> <p>Eligibility : Band 3</p> <p>£128.82, Weekly - Social Rent Landlord: EastendHomes</p> <p>Property Ref: 32923</p>	 <p>2 BEDROOMS Accessible Category G CABLE STREET, E1 Flat • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Shared garden • Permit parking • Pets not permitted</p> <p>£127.91, Weekly - Social Rent Landlord: Newlon HA</p> <p>Property Ref: 32948</p>	 <p>2 BEDROOMS Accessible Category E MUSBURY STREET, E1 Maisonette • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • Private garden • Permit parking • Pets with landlords permission • Fixed Term. This is a fixed term tenancy of 5 years except for those currently holding a Secure or Assured social housing tenancy</p> <p>£170.68, Weekly - Social Rent Landlord: Swan Housing Association</p> <p>Property Ref: 32964</p>	 <p>2 BEDROOMS Accessible Category F O'LEARY SQUARE, E1 Maisonette • 2 Bed 4 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • On street parking • Pets permitted</p> <p>£127.41, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 32967</p>	 <p>2 BEDROOMS Accessible Category F HARRIOTT HOUSE, JAMAICA STREET, E1 Maisonette • 2 Bed 4 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted</p> <p>Eligibility : Homeless Permanent</p> <p>£133.04, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 32958</p>
 <p>2 BEDROOMS Accessible Category G STEPNEY WAY, E1 Flat • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Shared garden • Residents parking scheme, Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years except for those currently holding a Secure or Assured social housing tenancy</p> <p>£138.45, Weekly - Social Rent Landlord: Genesis Housing Association</p> <p>Property Ref: 32926</p>	 <p>2 BEDROOMS Accessible Category F WITHY HOUSE, GLOBE ROAD, E1 Maisonette • 2 Bed 3 Person • 9th floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted • All shortlisted applicants will be interviewed prior to viewing. Withy House is a Tenant Management Co-op and therefore tenants are expected to attend meetings & help with management of block</p> <p>£128.61, Weekly - Social Rent Landlord: Withy House TMO</p> <p>Property Ref: 32927</p>	 <p>2 BEDROOMS Accessible Category F PEGSWOOD COURT, CABLE STREET, E1 Flat • 2 Bed 3 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Residents parking scheme, Permit parking • Pets with landlords permission</p> <p>£136.80, Weekly - Social Rent Landlord: EastendHomes</p> <p>Property Ref: 32925</p>	 <p>2 BEDROOMS Accessible Category F DEVITT HOUSE, WADES PLACE, E14 Flat • 2 Bed 4 Person • 4th floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted</p> <p>£124.02, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 32957</p>	 <p>2 BEDROOMS Accessible Category C MERCHANTS HOUSE, NEW VILLAGE AVENUE, E14 Flat • 2 Bed 4 Person • 1st floor • New build • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets with landlords permission • One week's advance rent required at sign up of tenancy • Electric cooking</p> <p>Advert represents 2 properties £155.20, Weekly - Social Rent Landlord: Poplar HARCA</p> <p>Property Ref: 32936</p>

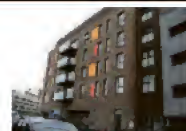
<div></div> <div><p>2 BEDROOMS Accessible Category C MERCHANTS HOUSE, NEW VILLAGE AVENUE, E14</p><p>Flat • 2 Bed 4 Person • 2nd floor • New build • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets with landlords permission • One week's advance rent required at sign up of tenancy • Electric cooking</p><p>Eligibility : Homeless Permanent</p><p>Advert represents 2 properties £155.20, Weekly - Social Rent Landlord: Poplar HARCA</p><p>Property Ref: 32941</p></div>	<div></div> <div><p>2 BEDROOMS Accessible Category C MERCHANTS HOUSE, NEW VILLAGE AVENUE, E14</p><p>Flat • 2 Bed 4 Person • 3rd floor • New build • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets with landlords permission • One week's advance rent required at sign up of tenancy • Electric cooking</p><p>Advert represents 2 properties £155.20, Weekly - Social Rent Landlord: Poplar HARCA</p><p>Property Ref: 32945</p></div>	<div></div> <div><p>2 BEDROOMS Accessible Category C MERCHANTS HOUSE, NEW VILLAGE AVENUE, E14</p><p>Flat • 2 Bed 4 Person • 3rd floor • New build • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets with landlords permission • One week's advance rent required at sign up of tenancy • Electric cooking</p><p>£155.20, Weekly - Social Rent Landlord: Poplar HARCA</p><p>Property Ref: 32951</p></div>	<div></div> <div><p>2 BEDROOMS Accessible Category F GALLEON HOUSE, GLENGARNOCK AVENUE, E14</p><p>Maisonette • 2 Bed 3 Person • 9th floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Residents parking scheme • Pets with landlords permission</p><p>Eligibility : Homeless Permanent</p><p>£138.21, Weekly - Social Rent Landlord: EastendHomes</p><p>Property Ref: 32960</p></div>	<div></div> <div><p>2 BEDROOMS Accessible Category G PIONEER CLOSE, E14</p><p>Flat • 2 Bed 4 Person • Ground Floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Residents parking scheme • Pets not permitted</p><p>£136.02, Weekly - Social Rent Landlord: East Thames Group</p><p>Property Ref: 32961</p></div>
<div></div> <div><p>2 BEDROOMS Accessible Category F STAINSBY ROAD, E14</p><p>Flat • 2 Bed 4 Person • 2nd floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted</p><p>£142.94, Weekly - Social Rent Landlord: East Thames Group</p><p>Property Ref: 32971</p></div>	<div></div> <div><p>2 BEDROOMS Accessible Category F TEVIOT STREET, E14</p><p>Maisonette • 2 Bed 4 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets with landlords permission • One week's advance rent required at sign up of tenancy</p><p>£138.85, Weekly - Social Rent Landlord: Poplar HARCA</p><p>Property Ref: 32968</p></div>	<div></div> <div><p>2 BEDROOMS Accessible Category F DORA STREET, E14</p><p>Flat • 2 Bed 4 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Wet room (walk in shower)-no bath • GCH • No garden • Permit parking • Pets permitted</p><p>£125.37, Weekly - Social Rent Landlord: Tower Hamlets Council</p><p>Property Ref: 32963</p></div>	<div></div> <div><p>2 BEDROOMS Accessible Category G CARAVEL CLOSE, E14</p><p>Flat • 2 Bed 3 Person • 3rd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • Electric storage heater • No garden • Residents parking scheme • Pets not permitted</p><p>Eligibility : Homeless Permanent</p><p>£135.16, Weekly - Social Rent Landlord: East Thames Group</p><p>Property Ref: 32970</p></div>	<div></div> <div><p>2 BEDROOMS Accessible Category G LYSANDER HOUSE, TEMPLE STREET, E2</p><p>Maisonette • 2 Bed 4 Person • 2nd floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Residents parking scheme • Pets not permitted</p><p>£145.76, Weekly - Social Rent Landlord: Tower Hamlets Community Housing</p><p>Property Ref: 32950</p></div>
<div></div> <div><p>2 BEDROOMS Accessible Category C EDMUND COURT, BOW ROAD, E3</p><p>Flat • 2 Bed 4 Person • Ground Floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Terrace • Car free home • Pets not permitted • One week's advance rent required at sign up of tenancy • Electric cooking</p><p>£140.16, Weekly - Social Rent Landlord: Gateway Housing Association</p><p>Property Ref: 32966</p></div>	<div></div> <div><p>2 BEDROOMS Accessible Category G LEWEY HOUSE, JOSEPH STREET, E3</p><p>Flat • 2 Bed 4 Person • 6th floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets not permitted</p><p>£129.93, Weekly - Social Rent Landlord: Places for People</p><p>Property Ref: 32921</p></div>	<div></div> <div><p>3 BEDROOMS Accessible Category F BISCAY HOUSE, ERNEST STREET, E1</p><p>Flat • 3 Bed 5 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted</p><p>£136.91, Weekly - Social Rent Landlord: Tower Hamlets Council</p><p>Property Ref: 32959</p></div>	<div></div> <div><p>3 BEDROOMS Accessible Category C ABBOTT ROAD, E14</p><p>Maisonette • 3 Bed 5 Person • Ground Floor • New build • Separate kitchen • No Lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Private garden • Car free home • Pets with landlords permission • One week's advance rent required at sign up of tenancy • Electric cooking</p><p>£176.58, Weekly - Social Rent Landlord: Poplar HARCA</p><p>Property Ref: 32930</p></div>	<div></div> <div><p>3 BEDROOMS Accessible Category C ABBOTT ROAD, E14</p><p>Maisonette • 3 Bed 5 Person • Ground Floor • New build • Separate kitchen • No Lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Private garden • Car free home • Pets with landlords permission • One week's advance rent required at sign up of tenancy • Electric cooking</p><p>£176.58, Weekly - Social Rent Landlord: Poplar HARCA</p><p>Property Ref: 32931</p></div>
<div></div> <div><p>3 BEDROOMS Accessible Category C COLLIERS HOUSE, BLAIR STREET, E14</p><p>Maisonette • 3 Bed 4 Person • 2nd floor • New build • Separate kitchen • No Lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Balcony • Car free home • Pets with landlords permission • One week's advance rent required at sign up of tenancy • Electric cooking</p><p>£176.58, Weekly - Social Rent Landlord: Poplar HARCA</p><p>Property Ref: 32933</p></div>	<div></div> <div><p>3 BEDROOMS Accessible Category C MERCHANTS HOUSE, NEW VILLAGE AVENUE, E14</p><p>Flat • 3 Bed 5 Person • Ground Floor • New build • Separate kitchen • No Lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Private garden • Car free home • Pets with landlords permission • One week's advance rent required at sign up of tenancy • Electric cooking</p><p>£176.58, Weekly - Social Rent Landlord: Poplar HARCA</p><p>Property Ref: 32934</p></div>	<div></div> <div><p>3 BEDROOMS Accessible Category C MERCHANTS HOUSE, NEW VILLAGE AVENUE, E14</p><p>Flat • 3 Bed 5 Person • 1st floor • New build • Separate kitchen • No Lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Balcony • Car free home • Pets with landlords permission • One week's advance rent required at sign up of tenancy • Electric cooking</p><p>£176.58, Weekly - Social Rent Landlord: Poplar HARCA</p><p>Property Ref: 32935</p></div>	<div></div> <div><p>3 BEDROOMS Accessible Category C MERCHANTS HOUSE, NEW VILLAGE AVENUE, E14</p><p>Flat • 3 Bed 5 Person • 2nd floor • New build • Separate kitchen • No Lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Balcony • Car free home • Pets with landlords permission • One week's advance rent required at sign up of tenancy • Electric cooking</p><p>Advert represents 2 properties £176.58, Weekly - Social Rent Landlord: Poplar HARCA</p><p>Property Ref: 32938</p></div>	<div></div> <div><p>3 BEDROOMS Accessible Category C MERCHANTS HOUSE, NEW VILLAGE AVENUE, E14</p><p>Flat • 3 Bed 5 Person • 3rd floor • New build • Separate kitchen • No Lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Balcony • Car free home • Pets with landlords permission • One week's advance rent required at sign up of tenancy • Electric cooking</p><p>Eligibility : Homeless Permanent Advert represents 2 properties £176.58, Weekly - Social Rent Landlord: Poplar HARCA</p><p>Property Ref: 32943</p></div>
<div></div> <div><p>3 BEDROOMS Accessible Category C NEW VILLAGE AVENUE, E14</p><p>Flat • 3 Bed 5 Person • Ground Floor • New build • Separate kitchen • No Lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Private garden • Car free home • Pets with landlords permission • One week's advance rent required at sign up of tenancy • Electric cooking</p><p>£176.58, Weekly - Social Rent Landlord: Poplar HARCA</p><p>Property Ref: 32928</p></div>	<div></div> <div><p>3 BEDROOMS Accessible Category C NEW VILLAGE AVENUE, E14</p><p>Flat • 3 Bed 5 Person • Ground Floor • New build • Separate kitchen • No Lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Private garden • Car free home • Pets with landlords permission • One week's advance rent required at sign up of tenancy • Electric cooking</p><p>£176.58, Weekly - Social Rent Landlord: Poplar HARCA</p><p>Property Ref: 32929</p></div>	<div></div> <div><p>5 BEDROOMS Accessible Category C COLLIERS HOUSE, BLAIR STREET, E14</p><p>Maisonette • 5 Bed 7 Person • 2nd floor • New build • Separate kitchen • No Lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Balcony • Car free home • Pets with landlords permission • One week's advance rent required at sign up of tenancy • Electric cooking</p><p>£215.32, Weekly - Social Rent Landlord: Poplar HARCA</p><p>Property Ref: 32932</p></div>	<div><h1>Reminder</h1><p>Please respect people's privacy by not attempting to access advertised properties or knocking at neighbouring homes. This causes a nuisance and may distress some individuals.</p></div>	

WOULD YOU LIKE TO MOVE TO ANOTHER PART OF LONDON?

AFFORDABLE RENT PROPERTIES

Changes to Government policy mean that Housing Associations have been forced to charge higher rents on some properties. In addition not all tenancies will be tenancies for life. Please note the rent level and length of tenancy offered on the following homes.

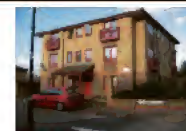
You are advised to check the Homeseekers website at www.thhs.org.uk for further information.



AFFORDABLE RENT
Accessible Category C
PAVILLION APARTMENTS, STAINSBY ROAD, E14
Flat • 3 Bed 5 Person • 2nd floor • New build
• Separate kitchen • Two lifts • Entryphone • Bathroom with W/C and Additional W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 10 years • Water meter • Electric cooking

£205.26, Weekly - Affordable Rent
Landlord: EAST HOMES

Property Ref: 32962



AFFORDABLE RENT
Accessible Category F
EDINBURGH CLOSE, E2
Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted • Lifetime tenancy

£187.50, Weekly - Affordable Rent
Landlord: Gateway Housing Association

Property Ref: 32956

Would you benefit from being nearer work or training? Do you have spare bedrooms in your home? Would you like to live closer to family or friends?

If your answer is 'yes' to any of these questions, and you currently live in social housing, the Mayor of London's Housing Moves scheme may be just what you're looking for.

Housing Moves offers Londoners living in social housing the chance to move home within the capital.

London boroughs and housing associations advertise homes available to social tenants from other parts of London on the Housing Moves website. The number of properties on offer through the scheme at any given time varies. But regular website visitors will see properties of all types and sizes across London.

Priority is given to applicants who:

- are in work or training
- currently have more bedrooms than they need
- wish to move in order to provide care for friends or relatives
- do not have enough bedrooms for their needs

People who move through the scheme become a tenant of the council or housing association that manages the property. The new landlord will give you information about the type of tenancy offered and the rent and service charges you will be expected to pay. Some of this information is also available on the Housing Moves website.

Housing Moves is open to social housing tenants with an assured or secure tenancy. You are not eligible if you are on an introductory or starter tenancy, or you are in temporary accommodation. Applicants must live in a borough that is contributing properties to the scheme. You must have had no rent arrears for at least 12 months and must not be going through possession procedures or being evicted.

Once you have registered, your application will be checked by your landlord. If your landlord is happy to approve your application, you will then be able to bid for properties through the website.

To find out more and to apply go to www.housingmoves.org
If you have any questions about the scheme, please contact your landlord. Housing Moves is very popular, so we cannot guarantee a move to everyone who applies.
The scheme is operated by the Mayor of London.

The Mayor of London also runs the Seaside & Country Homes scheme. This is a scheme to help London's older social tenants to move to flats and bungalows in the countryside or on the coast. Visit www.housingmoves.org for more information about the scheme and to register.

HousingMoves

MAYOR OF LONDON

Free REFURBISHMENT FOR LANDLORDS On all 1-5 Year Guaranteed Rent Packages



- 0% Commission
- 0% Full management
- 0% Rent loss during contract
- 0% For free property inspection
- 0% For free Gas, Electric & EPC Certificates

0% TO SELL OR RENT YOUR PROPERTY
PROPERTIES URGENTLY REQUIRED

Call today for your free valuation!

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020 7377 5445



*T & Cs apply

124 Whitechapel Road, London E1 1JE

ADAMS Property Consultants

614 Roman Road, London E3 2RW

RESIDENTIAL AND COMMERCIAL ESTATE AGENTS

Sell your property for 0% COMMISSION in July 2015*
(*Terms and conditions apply)

Call 020 8983 4562 for a free valuation

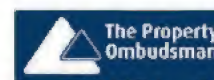
Email info@adamspropertyconsultants.co.uk

Registered Company in England and Wales: 9357067

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Career Opportunities

All boroughs are unique. Many are vibrant and multicultural. Some have a rich historical background. Others have a modern edge. Tower Hamlets is all of these - it's got the TH buzz that's felt by those who live and work here....



- Team Manager – Attendance and Welfare**
Children Services Directorate
Ref: ESW00573 | 26.07.15

£41,811 - £44,544
per annum
- Practice Manager x2 – Eva Armsby
Family Centre**
Children Services Directorate
Ref: ESW00585 | 29.07.15

£41,811 - £44,544
per annum
- Social Worker – Recruitment & Assessment**
Children Services Directorate
Ref: ESW00572 | 26.07.15

£32,157 - £41,811
per annum

For more information and to apply for these and other career opportunities, please visit the Tower Hamlets website.
www.towerhamlets.gov.uk/careers

We shall ensure fairness and equal opportunities throughout our workforce and in service delivery. We welcome applications from suitably skilled candidates regardless of ethnicity, gender, disability, sexuality, religion or age.



Are you a parent or grandparent?

Would you **volunteer** to give 2 to 4 hours per week, **home-visiting** a struggling family? Could you share some life experience helping parents give their children the best start in life?

We would love you to join us.

Volunteers to commit **after school hours** – **urgently required**, as well as volunteers needed during school hours/term-time only.

Contact Home-Start TH on:
020 7377 8552 or email info@hstowerhamlets.org.uk
Full training (14th September- 25th September)
with travel expenses provided.

www.hstowerhamlets.org.uk

To advertise here, call...

**Terri on
7364 4682**

**Chris on
7364 4994**

**Fatima on
7364 4623**

**Sharan on
7364 4061**

Tower Hamlets Parents Centre
Registered Charity (1059773)

Health Promotion Officers
(Two 0.8 FTE, Female)
Fixed term – 4 years, until August, 2019
Salary - £25,932.00 (Pro-rata, Inclusive of Employer's NIC)

We are seeking two 0.8 FTE Health Promotion Officers to work with parents and families. The post holder will have to provide advice, information, outreach and advocacy support, deliver workshops and training on Health issues such as obesity, diabetes, asthma, stroke, other illnesses and Healthy eating, participative activities; fitness sessions and cookery classes and promote cervical screening, cessation of smoking and paan chewing. The successful candidates will have full knowledge of the Health Service and issues affecting the Health of ethnic minority communities, have 3 years experience of working in Health Service/Health promotion either in the voluntary or statutory sector, have considerable experience of organising, outreach, advocacy and developing partnership work, excellent communication and interpersonal skills and the ability and experience of collating, analysing and presenting monitoring data to evaluate the outcomes of the Programme. Additionally, the ability to speak Sylheti/Bengali will be an advantage and Fitness or Health qualifications would be preferred.

Volunteers:

We need female volunteers for the Project. If you are interested in volunteering in order to promote your skills and experience involving a Health related Project, you can apply.

Please make a request for an application pack via email to admin@parentcentre.org or in writing to Dr. M. A. Hannan, Tower Hamlets Parents Centre, Unit 1, Links Yard, 29 Spelman Street, London E1 5LX or by telephoning on **020 7650 8936**.

Closing Date: Wednesday 5th August, 2015

Section 7(2)(e) of the Sex Discrimination Act and 5(2)(d) of the Race Relations Act apply.

Hotel and Restaurant Staff Required

If you are a pro-active and motivated individual who enjoys working in a challenging and busy environment then read on...

**RECEPTIONIST
TEAM MEMBER**

~

**FOOD & BEVERAGE
TEAM MEMBER**

~

DEMI CHEF

~

CHEF DE PARTIE

~

KITCHEN TEAM MEMBER

We are currently working with a number of hotels and restaurants around London who are seeking to recruit experienced team members and kitchen staff.

Food and beverage team members including receptionists team members will be required to work nights as well as days on a shift rota basis. (Please note both team member roles are multi – skilled positions).

Rate of pay from £6.91+ per hour - depending on your level of experience.

To register your interest you must be a resident of Tower Hamlets and have the right to work in the UK.
Deadline to apply Friday 31 July 2015 at 12 noon

You must meet the following criteria:

- previous experience
- excellent communication skills
- able to work as part of a team
- be organised with a can do attitude
- have good presentation skills.

QUOTE REFERENCE H/R 07

To find out more please call 0207 364 0626 or email your CV to Skills.Match@towerhamlets.gov.uk

20 – 26 JULY 2015

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

31



Finance Assistant (Income Team)

Salary: Scale 4 (£21,120 – £23,145 per annum)

Hours: 35 per week

Type: Permanent

Based: Head Office, E1 2PS

We currently have a vacancy for **Finance Assistants** within the Income Team based at our Head Office.

Your role will be to assist the team by ensuring a high quality customer-focused service is delivered in accordance with THCH's aims and objectives, providing a full range of support including income processing, service charges collection, account reconciliations and general administrative duties. You will also assist in the billing and initial collection effort for tenants, collection for other sundry debtors and full support to the Income Recovery team in the collection of rent.

With experience of working in and income collection and busy office environment, you will be a good communicator; have proven ability to communicate effectively at all levels, particularly with residents, contractors and other departments within THCH. You will have effective time management skills and a proven track record of effective handling of high volumes of data and documents. Fully equipped with proficient IT skills and attention to details, you will be able to use Microsoft Office and Purchase Ledger systems.

If you are interested in this position please download an application pack at www.thch.org.uk/Vacancies.

All applications are to be sent to our Head Office: 285 Commercial Road, Stepney, London, E1 2PS or via email to thch@thch.org.uk.

Deadline for applications: **12 noon on Friday 24th July 2015**

Interviews will be held on: Wednesday 29th July 2015

Public and Legal notices inform the public of planning act notices from roads to buildings as well as licensing act notices, insolvency acts, notices to creditors, missing beneficiaries etc.

LONDON BOROUGH OF TOWER HAMLETS

TOWN & COUNTRY PLANNING ACT 1990

MAJOR APPLICATIONS UNDER ARTICLE 13(4)) OF THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2010 AND OTHER SIGNIFICANT APPLICATIONS.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

6 Boulcott Street, London, E1 0HR

PA/15/1782/JTH

Application for variation of condition no. 2 (Approved Plans) of planning permission dated 26/11/2014, ref: PA/13/00697 for the demolition of existing building and redevelopment to reprovide an 8 storey building with a social club (Use Class D2) on the ground and 1st floor with residential (Use Class C3) above, comprising 25 units (9 x 1 bed, 13 x 2 bed and 3 x 3 bed).

Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 14 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated 20th July 2015

OWEN WHALLEY

HEAD OF PLANNING & BUILDING CONTROL



THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – PRINCELET STREET E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the following prohibition:

- Location: Princelet Street for a distance of approximately 50 metres east of its junction with Brick Lane;
- Reason: To allow essential works to be carried out on the public highway by Agility Limited;
- Alternative Route: For vehicular traffic will be via Spelman Street, Heneage Street and Brick Lane;

Throughout the duration of the works, and at times when the "one way" and "no entry" traffic signs are covered, the existing one way working in:

- a) Heneage Street will be temporarily reversed between its junction with Brick Lane and its junction with Spelman Street;
- b) Princelet Street between its junction with Spelman Street and its junction with Brick Lane will be temporarily suspended.

- Period: From Monday 27th July 2015 to Friday 31st July 2015.

Please refer any queries regarding the traffic restriction to David Pryce, Network Coordinator, Transport and Highways on 020 7364 6898 or email david.pryce@towerhamlets.gov.uk

Dated: 20th July 2015

**SIMON BAXTER
INTERIM SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG**

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – LEYDEN STREET E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding the following prohibition:

- Location: Leyden Street between its junction with Cobb Street and its junction with Wentworth Street.
- Reason: To allow essential replacing of a number of electrical link boxes to be carried out on the public highway by SKANSKA;
- Alternative Route: For vehicular traffic will be via Cobb Street and Middlesex Street;
- Period: From Tuesday 28th July 2015 to Monday 3rd August 2015.

Please refer any queries regarding the above traffic restriction to Dave Pryce, Network Coordinator, Clean, Green and Highways on 020 7364 6898 or email, david.pryce@towerhamlets.gov.uk

Dated: 20th July 2015

**SIMON BAXTER
INTERIM SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG**

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – AUSTIN STREET E2

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding the following prohibition:

- Location: Austin Street be-

tween its junction with Virginia Road and its junction with Boundary Street;

- Reason: To allow essential works to be carried out on the public highway by Ardmore Construction Limited;
- Alternative Route: For vehicular traffic will be via Boundary Street and Virginia Road. Access will be maintained for residents to their properties;
- Period: From Monday 10th August 2015 to Wednesday 29th July 2016 except for Saturdays, from 13:00 hours until 18:00 hours and all through Sundays.

Throughout the duration of the works and at times when the "one way" and "no entry" traffic signs are covered, the existing one way working in Austin Street between its junction with Boundary Street and its junction with Virginia Road will be temporarily suspended.

Please refer any queries regarding the above traffic restriction to David Pryce, Network Coordinator, Clean, Green and Highways on 020 7364 6898 or email, david.pryce@towerhamlets.gov.uk

Dated: 20th July 2015

**SIMON BAXTER
INTERIM SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG**

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 23

PROPOSED PEDESTRIAN CROSSING CABLE STREET E1

The Council of the London Borough of Tower Hamlets is considering a proposal to provide a zebra crossing in Cable Street, approximately 10 metres west of the western kerb line of Hardinge Street.

A plan showing the layout of the crossing and associated zig-zag carriageway markings can be inspected, by appointment, during normal office hours on Mondays to Fridays inclusive, until the expiration of a period of 14 days from the date of this notice, at the Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BG.

Any representations regarding this crossing should be sent to the address below by Monday 3rd August 2015.

Dated: 20th July 2015

**SIMON BAXTER
INTERIM SERVICE HEAD
PUBLIC REALM
CLEAN, GREEN & HIGHWAYS, NETWORK
MANAGEMENT TEAM
6TH FLOOR
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG**

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 23

PROPOSED ZEBRA CROSSING CABLE STREET E1

The Council of the London Borough of Tower Hamlets is considering a proposal to provide zebra crossing in Cable Street, approximately 5 metres east of the eastern kerb line of Devonport Street.

A plan showing the layouts of the proposed zebra crossing and associated zigzag carriageway markings can be inspected by appointment, during normal office hours on Mondays to Fridays inclusive, until the expiration of a period of 14 days from the date of this notice at the Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BG.

Any representations regarding the proposed crossing should be sent to the address below by 3rd August 2015.

Dated: 20th July 2015

**SIMON BAXTER
INTERIM SERVICE HEAD
PUBLIC REALM
CLEAN, GREEN & HIGHWAYS, NETWORK
MANAGEMENT TEAM
6TH FLOOR
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG**

PUBLIC NOTICE – LICENSING APPLICATION

LICENSING ACT 2003

TAKE NOTICE THAT Hult International Business School Ltd has applied to Tower Hamlets Council for a premises licence in respect of their premises Benugo Café, 33 Commercial Road, E1 1LD.

The application is to permit the sale of alcohol by retail:

- Monday to Saturday from 12.00 to 23.00
- Sunday from 12.00 to 22.00

The premises will be open from 07.30 to 23.00 daily.

The application can be viewed at www.towerhamlets.gov.uk or at The Licensing Section, London Borough of Tower Hamlets, Mulberry Place, 5 Clove Crescent, London E14 2BG; Monday to Friday from 10.00 to 16.00. Any interested party may make representations in writing to The Licensing Section at this address no later than August 6th 2015 stating the grounds for that representation.

It is an offence, liable on conviction to an unlimited fine, to knowingly or recklessly make a false statement in connection with this application.

**Ascend Consulting
0844 736 1998
admin@ascendconsulting.co.uk**

LONDON BOROUGH OF TOWER HAMLETS

PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990, SECTIONS 10, 67 AND 73

APPLICATIONS FOR LISTED BUILDING CONSENT AND APPLICATIONS FOR DEVELOPMENT WHICH WOULD IN THE OPINION OF THE LOCAL PLANNING AUTHORITY AFFECT THE CHARACTER OR APPEARANCE OF AN AREA DESIGNATED AS A CONSERVATION AREA OR WOULD AFFECT THE SETTING OF A LISTED BUILDING.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

St Katharines Pier, St Katharines Way, London PA/15/1878/LYM
One Legible London freestanding TfL Interchange Totem consisting of illuminated TfL mode Roundel, illuminated map display and wayfinding information.

Tobacco Dock, Pennington Street, London, E1W 2SG PA/15/1680/ADW
Internal alterations to the Grade I listed Tobacco Dock comprising internal fit out to vaults at lower ground floor level.

28 Brushfield Street, London, E1 6AN PA/15/1896/DHA
Wall fixed hanging sign.

192 Cable Street, London, E1 0BL PA/15/1592/SBU
Reinstatement of chimney breasts that were incorrectly removed.

Flat 10, 23 Wheler Street, London, E1 6NR PA/15/1758/DHA
Construction of a new roof extension and roof terrace at fourth floor level to provide additional living accommodation to the existing dwelling.

Flat 705, Leopold Buildings, Columbia Road, London, E2 7NP PA/15/1843/DHA
Replacing the existing timber sliding sash windows with new timber sliding sash windows on a like for like basis.

96 Whitechapel High Street, London, E1 7RA PA/15/1852/LYM
Replacement shop windows and relocation of shop door

4 Arbour Square, London, E1 0SH PA/15/1855 & 1856/EBW
Ground floor: 1. New opening between the kitchen and dining room 2. Removal of the store in the back garden and create a new W.C. and utility extension 3. New double glazed door to rear facade. 4. Proposing New Shed for neighbor 5. Reinstatement of fire place in back room. First floor : 1. Alteration to partitions of bathroom 2. Installation of a new bathroom 3. Move the door opening Second floor: 1. Removal of the loft and creating new skylight. 2. Removal of the ceiling in the living room to expose the structure. 3. Move the door opening Front Facade : 1. New fan light on the top of the main entrance door Rear Facade: 1. New opening at ground floor level 2. Alternation to rainwater pipe and down pipe.

59-61 Roman Road, London, E2 0QN PA/15/1792/JTH
Single storey rooftop & rear extensions, alterations to elevations.

Railway Arches, 244-246 Ratcliffe Lane, London, E14 7JE PA/15/1629/JTH
Continuation of use as car wash

199A Whitechapel Road, London, E1 1DE PA/15/1797/JTH
Reinstatement of hair and beauty salon, kitchen and associated facilities within existing basement and restaurant dining facilities provided within a new build pavement pavilion that replaces the demolished ground floor structure.

Flat B, 5 Albert Gardens, London, E1 0LH PA/15/1816/HDH
Replace rotten sash windows in bedroom, and overhaul of other windows in property.

187 Cannon Street Road, London, E1 2LX PA/15/987/DHA
Third floor extension to create a one bedroom flat.

30 Commercial Road, London, E1 1LN PA/15/1144/ADW
Display of a temporary advertisement consisting of a building montage on an illustrated micromesh PVC screen located on the front fascia of the building.

Wine Vaults, Tower Hill Terrace, London, EC3N 4EE PA/15/1805/KHA
Replacement of 2 x flagpole signs and 1 x fascia sign.

Wine Vaults, Tower Hill Terrace, London, EC3N 4EE PA/15/1803/KHA
External alterations to the building's Gloucester Court elevation including replacement of existing doors, windows and signage.

Wine Vaults, Tower Hill Terrace, London, EC3N 4EE PA/15/1804/KHA
External alterations to the building's Gloucester Court elevation including replacement of existing doors, windows and signage.

26 Fordham Street, London, E1 1HS PA/15/1835/DHA
Loft conversion incorporating part mansard roof at rear and 2 x Velux windows at front. The new loft space would be linked with the second floor flats to create an additional bedroom for each of the flats.

Flat 705, Leopold Buildings, Columbia Road, London, E2 7NP PA/15/1844/DHA
Replacing the existing timber sliding sash windows with new timber sliding sash windows on a like for like basis.

Land At The Corner of Commercial Road And Salmon Lane, London, E14 PA/15/130/BMC
Modification to existing free standing 48-sheet display structure incorporating 1no. digital LED display.

The following are householder applications and in the event of an appeal against a refusal of planning permission, which is to be dealt with on the basis of representations in writing, any representations made about these applications will be sent to the secretary of state, and there will be no further opportunity to comment at appeal stage.

35 Durant Street, London, E2 7BP PA/15/1858/KHA
Construction of window well with pavement grill to provide light to existing basement.

1 Schoolbell Mews, London, E3 5BZ PA/15/1834/PLA
Erection of glazed roof over existing courtyard, increase in height of boundary walls, installation of glazed front door and roof lights.

Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 21 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated: 20th July 2015

OWEN WHALLEY
Head of Planning and Building Control



Public notices

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – BLOSSOM STREET E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets, propose to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding the following temporary prohibition:

Location: Blossom Street for a distance of approximately 50 metres between its junction with Folgate Street and its junction with Fleur-De-Lis Street;

Reason: To allow essential works to be carried out on the public highway by M R Allen Limited;

Alternative Route: For vehicular traffic will be via Folgate Street, Elder Street, Fleur-De-Lis Street and Blossom Street and vice versa or Folgate Street, Commercial Street, Fleur-De-Lis Street and Blossom Street and vice versa;

Period: From Monday 10th August 2015 to Friday 5th February 2016.

Throughout the duration of the works, the “fire gates” in Folgate

Street and Elder Street will remain open to maintain access into properties.

Please refer any queries regarding the above traffic restriction to Dave Pryce, Network Coordinator, Clean, Green and Highways, on 020 7364 6898 or email, david.pryce@towerhamlets.gov.uk

Dated: 20th July 2015

SIMON BAXTER
INTERIM SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – ST. MARK STREET E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets propose to make an Order, which will prohibit vehicular traffic from proceeding in the following temporary prohibition:

• Location: St. Mark Street be-

tween its junction with Alie Street and its junction with North Tenter Street;

• Reason: To allow essential construction of a raised speed table to be carried out on the public highway by LBTH;

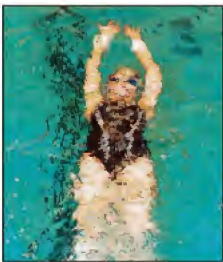
• Alternative Route: For vehicular traffic will be via Alie Street, Leman Street, Prescot Street and St. Mark Street or North Tenter Street, East Tenter Street, South Tenter Street, St. Mark Street (southbound), Prescot Street, Mansell Street and Alie Street;

• Period: From Monday 3rd August 2015 at 08:00 hours until Saturday 29th August 2015 at 17:00 hours.

Please refer any queries regarding the above traffic restriction to Moira Underwood, Street Scene Engineer, Public Realm Engineering, on 020 7364 6529 or email, moira.underwood@towerhamlets.gov.uk

Dated: 20th July 2015

SIMON BAXTER
INTERIM SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG



No need to sit on the sidelines

There are many ways you can take part in sport and improve your fitness in Tower Hamlets. Our listings include everything from cricket to yoga and aerobics to taekwondo.

SEE BELOW

Tell the East End

Do you have a sports club you would like to be included in our listings? If so email the details to...

EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK

Out & about guide

Leisure centres

John Orwell Sports Centre
Tench Street, Wapping, E1W.
7488 9421

Langdon Park Leisure Centre
35 Byron Street, Poplar, E14
7987 3575

Mile End Park Leisure Centre
190 Burdett Road, E3.
8709 4420

Mile End Park Stadium
Rhodeswell Road, Poplar, E14.
8980 1885

St George's Leisure Centre
221 The Highway, Wapping E1W.
7709 9714

Tiller Leisure Centre
Tiller Road, Isle of Dogs, E14.
7987 5211

Whitechapel Sports Centre
55 Durward Street,
Whitechapel, E1.
7247 7538

York Hall Leisure Centre
5-15 Old Ford Road, E2.
8980 2243

Sport & leisure

Back to netball
Weekly sessions. £1.10.
Tues, 6pm.
John Orwell Sports Centre,
Tench Street, E1W.
07914 685261

Body conditioning
Thurs, 6.15pm. Shadwell Basin
Centre, Glamis Road, E1.
07961 951522

Cricket coaching
Under-11s and under-13s –
Weds, 4-5.30pm; under-16s –
Tues, 4.30-6pm; ages 16+ –
Thurs 5-8pm.
Dockland Settlement,
197 East Ferry Road, E14.

**Docklands women's
running group**
All abilities welcome
Mon, 6.30pm. Mile End
Stadium, Rhodeswell Road, E14.
07958 368070

Football training
Every Sat, 9-11am for boys and
girls aged 5-11, Mulberry School



STUDENTS from Sir John Cass School in Stepney enjoyed the thrill of a lifetime when they got a taste of white water rafting (pictured above). The free session at Lee Valley White Water Centre came during the Olympic venue's annual Schools Festival. More than 500 students from Hertfordshire, London and Essex tackled the same rapids where Team GB won gold and silver in the canoe slalom event almost three years ago. They were joined by 2015 ICF Canoe Slalom World Championships medal hopefuls Etienne Stott, Mallory Franklin, Adam Burgess and Mark Proctor. Other extreme white water activities on offer at the centre include kayaking, canoeing, hydrospeeding (similar to

bodyboarding) and hot dog sessions, which take place on two-person inflatables and provide a heart-pumping introduction to kayaking on the rapids. For full information about Lee Valley White Water Centre visit www.gowhitewater.co.uk or call 0845 677 0606.

NEWHAM'S Royal Docks is opening its doors to youngsters aged 10 to 18 who want to try sea cadet taster sessions in sailing, rowing and paddlesports. The sessions are all free and take place during a weekly Saturday club at the London Regatta Centre at the Royal Docks. They take place between 10am-1pm and are open to youngsters who live in

Tower Hamlets and the neighbouring east London boroughs. All activities are run by fully qualified instructors and safety equipment is provided. Places on the sessions are limited – register your interest by emailing Lisa Goodey at lgoodey@ms-sc.org or call 7055 0585. Young people who attend every week have the chance to gain recognised water sports qualifications. Sam Saunders, chief instructor at Sea Cadets Royal Docks, said: "It has been great to see the young people have fun and progress every week and enhance their skills. "This really is a great opportunity to participate in these free sessions, but book early as places go quickly."

system of ving tsun kung fu. Weds 8-9pm. £7, adults only. St John's Church Hall, 200 Cambridge Heath Road, E2. 07930 609379

Netball
Arbour Netball Club train at the Parkside Leisure Centre at Mulberry School, Commercial Road, E1 every Monday night. 01277 811772

Rugby
Millwall Rugby Club. Men's, women's and youth teams. Suns, 10.30am-12pm (youth); Mons, 7.30-9pm (adults); Weds, 7.30-9pm (men); Thurs. 6.30-7.30pm (boys aged 7-17); Thurs, 7.30-9pm (women all ages). www.millwallrugby.com

Rugby for children
Tag rugby (non contact) games for ages 2-7. Sats, 10am-12pm (term-time). Free trial. Victoria Park, Grove Road, E9. 01252 794150 www.trytimekidsrugby.com

Self-defence and keep fit
Self-defence and keep fit with freestyle Tae Kwon do. Mixed classes of adults and children every Tues 6.30-8pm & Sun, 1-3pm. Tiller Leisure Centre, Tiller Road, E14. 8310 1469 or 07950 896926

Seniors exercise
Mons, 1.30pm, line dancing; Tues, 10.45am, workout. London Dockers Club, 6 Boulcott Street, E1. 7790 3785

Sun kune do
Mons, 7-8.15pm. Adults £4.50, ages 10-16, £3.50. Lifra Hall, 7 Halley Street, E1.

Swimming
Learn to swim (5 years +), competitive swimming skills/fitness (9 years +), and masters swimming (18 years+). Bethnal Green Sharks Swimming Club, York Hall, and Mile End Park and St George's leisure centres. 07931 782172 www.bgssc.co.uk

for Girls, Richard Street, E1; 12-1pm for boys and girls aged 3-5. St Patrick's School, Dundee Street, E1W. 07956 095218

Kibondo
Martial art for ages 6 & over. Mon, 6.30-8pm, all ages; Fri, 7-8.30pm, seniors & adults. £4 adults, £3 children, first lesson free. Teviot Centre, Wyves Street, E14. 07956 428654

Kickboxing and self-defence
£5 per class. Suns, 1pm; Tues, 7pm (women only). Whitechapel Sports Centre, Durward Street, E1. 07983 201987

Chi Kung
Ancient Chinese exercise with gentle, meditative exercises. Mon, 6-7.15pm. St Margarets' House Settlement, E2. 07905 098413

Kool Karate and Fitness Fun
Every Tues & Thurs, 5-6pm. St James-the-Less Hall, St James's Avenue, E2. 07934 126510

Kung fu
Learn the Wong Shun Leung system of ving tsun. Weds, 8-9pm. £7, adults only (kids classes coming soon). St John's Church Hall, 200 Cambridge Heath Road, E2. 07930 609379

Kung fu fitness
Mons 7-9pm. Bryant Street Methodist Centre, Stratford, E15. 07950 637345

Muay Thai for women
KO London, 186 The Arches, Globe Road, E2. Sat 3-4.15 £7 concs, £9 waged. 7265 9693

Martial arts
Learn the Wong Shun Leung



Ahoy there! Sponsors wanted

Docklands Sailing & Watersport Centre on the Isle of Dogs is trying to attract sponsors to foot the bill for their annual Dragon Boat race and secure the future of their Youth Afloat project.

SEE PAGE 36



37 years on...

Ex-champ Stracey – who last fought in 1978 – returns to the ring.

SEE BELOW

Sport

Buglioni's title fight blow

Repton boxer says he's 'bitterly disappointed' as world title shot is called off

BY PETER FAULKNER

FORMER Repton amateur star Frank Buglioni will not be fighting for the world title this week.

Buglioni, the reigning European super-middleweight champion, was due to fight Russian Fedor Chudinov at Wembley's SSE Arena for the World Boxing Association crown this Saturday.

But Buglioni, who was given an unexpected chance at the title after just 18 fights, has been told Chudinov has withdrawn after breaking his nose in training.

The East London star, holder of the European title: "This is a real blow and I'm bitterly disappointed.

"It's frustrating to know that I have to wait a little longer until I get to Chudinov, but the main thing is I will get him.

"My training has been perfect up to now and so is the weight, so it's such shame this has happened now."



Frank Buglioni – whose opponent, Chudinov, is injured

Chudinov's promoter Vlad Hrunov said his client is devastated to have had to pull out of the fight.

Buglioni has knocked out 12 of his 18 opponents and was planning to use his firepower to take him to his dream of lifting the WBA crown.

He was involved in a thrilling fight against Lee Markham last month at the SSE Arena with the judges unable to separate them and scoring it a draw.

The pair were scheduled to meet again until this life-changing opportunity came along for Buglioni so Markham agreed to stand down.

Buglioni will still fight on the Wembley bill against a yet unknown opponent, but now he must guard against being beaten because this could wreck his world title dream again.

Promoter Frank Warren revealed Buglioni will fight a new opponent before taking

on Chudinov when he returns from injury.

"It's a real shame that Fedor has suffered this injury with only two weeks to go until the fight, but this is boxing and injuries happen," said Warren.

"It doesn't make it any easier on Frank who has been training his heart out in Ireland, but he will still fight on the show against a new opponent. Fedor is locked in to fight Frank next."

■ REPTON'S youngsters did the club proud at the prestigious Monkstown BoxCup in Dublin, returning home with four gold medals.

The golden boys were Jimmy Dean Lee, Harvey Smith, Mike Chalk and George Smith.

Jimmy Dean outpointed Michael Connor (Letterkenny); Harvey Smith scored points successes over Frank Macauley (Shildon) and Ray Shilletto; while Mike Chalk had two superb wins and took gold by beating Neil Morrision; and finally, George Smith beat Des McDonagh (Ballymena).

Manny Decurdo reached the final before losing to Michael Stott (Athlone); Joe Smith, after two wins, lost his third clash against Jim Fitzsimmons (Dublin); John Lee reached the final then had to withdraw with a hand injury.



(l-r) Former world champion Charlie Magri, from Stepney, Richie Davies, former professional referee, also from Stepney, and Bethnal Green's John H Stracey

Stracey is back... at 64

JOHN H Stracey, Bethnal Green's former world welterweight boxing champion, is planning a return to the ring... at the age of 64.

Stracey, who had his last fight on May 23, 1978, is scheduled for a comeback on Saturday, July 26 at The Devonshire House Hotel in Liverpool.

He has been training for the last few weeks with friend and ex-cruiserweight Kenny Rainford and has put himself through a tough programme.

But before you gasp, this is not

a real fight, it is an exhibition over three or four rounds for fight fans who want to see the ex-champion showing off his moves.

Stracey, who used to live in Collingwood House, Cambridge Heath Road, became an overnight sensation when he went to Mexico and beat the legendary Jose Napoles to become world champion.



Title contenders Wapping ladies

Hockey

WAPPING ladies A team (left) got back to winning ways in the Redbridge Summer League following last week's loss to neighbouring rivals East London. But they had to do it without a goalkeeper against Brentwood.

An unfamiliar team formation proved challenging, but towards the end of the first half, it clicked, with the defence and midfield linking well to set up numerous chances of a goal for Clare Williamson, Karolin Schaps-Bolle, Fi Bailhache and Chloe Evans.

Despite the onslaught, Brentwood's defence held firm. They were unlucky not to score from a string of penalty corners in the second-half, thanks to Lourdes Marenco's speedy reactions and cool head.

Wapping turned on the heat and some great teamwork set up their winning goal, an impressive aerial shot delivered from the top of the D by midfielder Jess Frith.

The 1-0 victory keeps them in contention with table topping Upminster as they go into their penultimate match.

THE final phase of the City and Wharf Hockey League has seen some close encounters over the last two weeks, as the jostling for silverware heats up.

In the Cup, Barclays and JP Morgan have qualified for the final, the former chalking up wins against the Bank of England and Wapping Mutineers, and the latter handing defeats to Deloitte and the London Academicals. Expect a closely fought match on August 5.

In the Bowl, Linklaters and Herbert Smith Freehills both won their semi-finals, against Sainsbury's and the Wapping Highwaymen respectively, and will face off on August 4.

The Shield is also underway – Wapping's only remaining chance of glory coming from the Privateers, who saw off Credit Suisse. Their opponents, and the Plate finalists, will be decided next week.

Athletics

CHEER on your sporting heroes and take part in a range of family games and entertainment at one of the biggest events of the summer.

On July 26, Queen Elizabeth Olympic Park stages the National

Paralympic Day for the third time since the London 2012 Olympic and Paralympic Games.

The event allows visitors to meet Paralympic GB stars and see them in action at the venues.

Visitors can also try out disability sport for themselves and enjoy the Mayor of London's Liberty Festival, which showcases talent in deaf and disability arts. The event is free.

Basketball

GREAT Britain face New Zealand at the Copper Box Arena on Saturday, July 25 in an exhibition match.

London Lions star Drew Sullivan will join the line-up for a match being billed as GB versus the Tall Blacks.



Staying afloat

Sponsors are needed to support the Docklands Youth Afloat project.

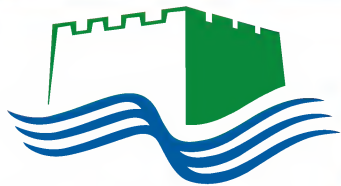
SEE BELOW



Have splashing fun – and it's free

Free watersports sessions are being made available to youngsters in Tower Hamlets at both Lee Valley White Water Centre and the London Regatta Centre in Newham.

SEE PAGE 34



TOWER HAMLETS

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Centre in plea for City sponsors

Sailing club needs funds for summer holiday programme for kids

BY PETER FAULKNER

DOCKLANDS Sailing & Watersports Centre has launched an appeal to the Tower Hamlets business community to safeguard the future of its annual Youth Afloat programme.

Youth Afloat runs during the school summer holidays, giving youngsters the opportunity to try windsurfing, canoeing and kayaking – a baptism on the water.

Every year, the centre needs £35,000 to fund the programme which over the last ten years has helped 12,000 local youngsters. The money is usually raised from a charity dragon boat race featuring corporate companies from Canary Wharf.

However this year's event, which should have taken place on July 7, was cancelled after just two teams entered so no



The centre provides kids with the chance to try windsurfing, canoeing and kayaking – but hopes to secure sponsorship from a consortium of business backers

funds were raised towards Youth Afloat. Up to 18 teams usually take part.

The good news is that, despite the financial headache this caused, Youth Afloat goes ahead next month, although the centre is now turning youngsters away as the five-week programme is full.

Now the Westferry Road centre is appealing through East End Life for the business

community to become key sponsors or partners to allow it to carry on in the future.

"We need a sponsor or a consortium of businesses to support this amazing thing we do with children," said centre manager Judi Sanders.

"This is an opportunity to do something very big for the community, a lasting legacy that will keep the children off the streets and into something

that we are so fortunate to have on our doorstep.

"We all work so hard to make Youth Afloat happen and what we need to do is safeguard against the very thing that has happened this year.

"We have depended on the dragon boat race to bring in £35,000 and totally fund the Youth Afloat project.

"Now we must look at other ways of finance it because

no-one can guarantee that the dragon boat event won't hit the buffers again next year.

"Youth Afloat does so much for the Docklands community. We have relied on corporate fundraising for the last ten years and this is only the second time the event has been threatened.

"If we could get a consortium of business backers together and guarantee the £35,000 income for Youth Afloat over the next five or ten years it would solve all our problems and provide continued opportunities for youngsters in Tower Hamlets and Docklands.

"In return for sponsorship we can offer companies and their staff and families free use of our facilities. It is a great way for employees to bond, but an even greater way for the local kids an unbelievable water-sport opportunity."

If any business can help, call East End Life on 07958 475392 or Judi Sanders on 7537 2626.

Try street ping pong

STREET ping-pong is coming to a venue near you! What's more, it's all free.

Ping! London 2015 was launched at Poplar's Chrisp Street Market on July 9 and runs right through to the end of August at various venues.

The street ping pong project brings tables to places where people live, work and socialise – from markets to museums, pubs to parks, stations to shopping centres.

The summer of ping pong in Tower Hamlets takes place at landmark locations from Brick Lane to Trinity Buoy Wharf, Canary Wharf to Cable Street, Mudchute City Farm to the Museum of Childhood.

There's a ping pong party at St Hilda's East Community Centre, 18 Club Row, Bethnal Green, on July 22, from 2-7pm, and you can visit the Museum of Childhood in Cambridge Heath Road on August 13.

Visit www.pinglondon.co.uk

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